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# LIFE BUILDING

METHOD

OF THE

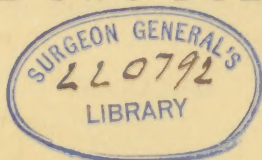
## RALSTON HEALTH CLUB

### “All Nature” Course

FOUNDED ON THE NEWLY DISCOVERED  
LAWS OF HUMAN LIFE

THE ONE HUNDRED AND ELEVENTH EDITION  
OF THE RALSTON HEALTH CLUB

ISSUED BY THE  
RALSTON PUBLISHING COMPANY  
WASHINGTON, D. C. [1915]  
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*no. 2.*



"THE DEEDS THAT MAKE EARTH BETTER"

DEDICATION TO E. R. E.

*The deeds that make earth better are imperishable flowers that grow in the garden of human character. They are beautiful to look upon, and their fragrance reaches the highest courts of heaven. They exhale a glory here, and breathe a welcome there. They raise some part of life to paradise, they bring some part of heaven to earth, and in this union they proclaim their parentage.*

## CREED OF THE "RALSTONITES"

"WE BELIEVE THAT PERFECT HEALTH OF BODY AND MIND IS THE GREATEST PHYSICAL BLESSING THAT CAN COME INTO ANY HUMAN LIFE."

### THE LIFE-BUILDERS

There is a difference between health and life-building.

Health is freedom from sickness or disease; life is the energy of health.

*Ralstonites* are those who seek health.

LIFE-BUILDERS are Ralstonites who seek LIFE, LONGER LIFE, STRONGER LIFE, MORE LIFE in the BODY, MORE LIFE in the NERVES, MORE LIFE in the MIND; who wish to be FILLED WITH LIFE; who wish to LIVE WELL while they do live; who seek buoyant, vitalized energy that is capable of withstanding any danger or exposure; who are not content with the everyday drudgery and commonplace routine of existence, but wish to so LIVE that, when the great debt of nature must be paid, they can say:

"WE HAVE TASTED THE SWEETS OF LIFE AND HAVE FOUND THIS WORLD A GOOD PLACE IN WHICH TO LIVE."

### THIS BOOK IS THE PROPERTY OF

Name .....

Date of becoming a Ralstonite .....

Date of becoming a LIFE-BUILDER.....

NOTE:—On the first blank line above write your name in ink as soon as you receive this book, if you intend to keep it for your own use. If you intend it as a present to a friend, do not write anything on this page, as the friend will better appreciate the opportunity for entering the name and dates. \* \* \* You will become a Ralstonite when you are convinced that health is a great blessing. \* \* \* You will become a Life-Builder when you determine to put into practice the teachings of this book.

## A BRIEF OUTLINE

1. The Ralston Health Club will soon be forty years old.
2. It has achieved a success in its line that has never been paralleled in the history of mankind.
3. It has entered three million homes in all parts of the civilized world.
4. It has administered blessings wherever it has come. It has brought hope to the hopeless; health to the sick; and immunity to the well.
5. Twelve hundred thousand lives have been saved from the grave.
6. Under its magic touch new life has sprung up into the race, children have escaped the dangers common to their age, men have ceased to be weaklings, and women have discovered the avenue of safety from the ills that befall their sex.
7. Ralstonism has included in its following every class that is capable of intelligent appreciation of the greatest blessing of all time,—perfect health. The humblest people and the highest ranks of life are here intermingled. No person is too lowly, none too exalted to enter the Club. Great men and women have honored us by their cordial adoption of our teachings; wealth, power and education are fully represented in our enrollments; yet the greater middle classes are here; and all are welcome.
8. This Club has never advertised. Its rapid increase in membership is due solely to the enthusiasm that every Ralstonite evinces to others. Our members are loyal, true, sincere, and ever alert to preach this gospel of new-found health to others who have need of it.
9. The Ralston Health Club never makes known in public or private, the names of its members. Owing to the prominence of many of its members, it would seem like advertising to boast of its patrons. In nearly forty years we have never been guilty of such breach of faith.
10. The question is often asked, What are the duties of Membership in the Ralston Health Club? The reply is: It would be very unwise to impose any duties whatever on those who are seeking health. Therefore there are no duties and no obligations of any kind.



## A RECORD TO BE PROUD OF

1. A sound nervous system makes a sound mind; for mind and nervous power are partners.

2. In nearly forty years of existence, this Club has never had a member, either man or woman, who has been of unsound mind.

3. In all our long period of existence, this Club has never had a suicide. On the other hand, Ralstonism drives away all feelings of depression, discouragement and melancholy. It brings into every life a flood of sunshine, hope, and encouragement that no other power seems able to summon. It makes life worth living.

4. In all our history, no mother has lost her life at maternity; no child has died of sickness where Ralston methods have been adopted; and the best specimens of manhood and womanhood have come up into maturity through the regime that reflects a spirit of higher civilization at work in this system of living.

5. During the long era of our existence as a Club, there have been countless epidemics of disease in all parts of the land, and thousands every year have fallen into premature graves; but there has not been any death among Ralstonites from any epidemic in any part of the world. The very essential principle of Ralstonism is to prepare the body for all dangers, and make it immune from them.

6. We have taught that genuine home life is the foundation of the best national life; and, while all Ralstonites have not been able at first to come into the possession of a home and gardens, countless thousands have done so throughout the world who would not have known the way to attain such blessings. It is a sad thing when age comes on and the only home is a hired tenement or an apartment flat. The old homestead, whether in the country, town or city, is the magnet of happiness in all the years of life from childhood to old age.

7. We have taught men and women how to live, not in vain, so that there shall be no decrepitude in the winter of life, and no loss of the faculties when the snows fall thick around them in the waning years.

## GENERAL INTRODUCTION

THE RALSTON HEALTH CLUB was founded in 1876 by seven scientific investigators; and the first meetings were held in laboratories. The early teachings were in lecture-form; afterwards they appeared in manuscripts which were copied by the members; and, finally, by general demand, they were issued in books, the first editions being very small.

The increase of membership was not noteworthy until about twenty-four years ago when the Third Edition was copyrighted, and two hundred thousand copies were printed. The Fourth Edition was copyrighted in 1892, and for many years there were successive editions, as many as twenty appearing in 1895. Fifteen years ago, we had reached the 77th Edition; and nine years ago the great 100th Edition was printed.

A RALSTONITE is any person who believes that Perfect Health of Body and Mind is the greatest blessing that can come into the life of any human being. This is the only requirement.

The RALSTON HEALTH CLUB is the name of a book: this book: or any book of this organization. Membership in the Club is merely a term applied to Ralstonites, or those who believe in perfect health. No duties or expenses are involved in membership, as it is our mission to teach the doctrines of perfect health free from all limitations. Persons who seek active membership, are referred to the ONCE-A-WEEK CLUB.

The RALSTON HEALTH CLUB has nothing to sell; it is not engaged in any commercial enterprise; it prescribes no medicines or other things; it does not use apparatus or recommend same; but arrives at its remarkable results by taking advantage of certain laws of nature that are overlooked by all other systems.

It does not ally itself in any way with other concerns; and the public use of its name by food-factories and other enterprises, is illegal and dishonest; these pilferers of the Club's success assuming that, by attaching the name *Ralston* to their goods, they may deceive the public into believing that they are better than the average of similar goods for sale under other names. Loyal Ralstonites refuse to buy such things, and they take pride in upholding the name of their Club against dishonest uses.

The RALSTON HEALTH CLUB is disliked by food-adulterators because it has for many years taught that criminals who deliberately, even if slowly, kill their fellow beings in order to gain profits in business, are fully as guilty of murder as highwaymen who make short work of their victims; and the time will come when food-adulterators will pay the extreme penalty of capital punishment for their crimes. These adulterations can be easily traced from the factories to the victims, and the increase of sickness and death can be readily shown to be the result of such adulterations. The adulterators now control legislation and public officials; but the people are soon coming to know these facts, and capital punishment will follow murder.

The RALSTON HEALTH CLUB is disliked by patent medicine concerns because it has for years taught that such medicines are loaded with alcohol and deadly habit-forming drugs. Thousands of the best moral people of this land have been made alcoholic victims, or drug-fiends, by the innocent use of advertised medicines. Reputable magazines of the highest order, and some of the clean newspapers who can get along without the advertisements, refuse to admit such announcements in their columns. One great magazine spent large sums for the analysis of such medicines, and exposed the fraudulent claims. Alcohol of the lowest grade is hidden in medicines; and opium, morphine, cocaine, and other habit-enslaving drugs appear in almost all medicines despite the claims to the contrary.

The RALSTON HEALTH CLUB is disliked by a certain class of apparently respectable physicians and surgeons who, when their patients are in need of medical attention, combine to make operations necessary, and share the additional fees; thus turning small cases into sources of large revenues. It is an easy thing for any doctor to half-drug and half-poison an almost well patient into serious illness.

The RALSTON HEALTH CLUB is LIKED by every honest physician who knows of its good works and grand results. In fact, at the present day, there is a growing class of doctors who actually PRESCRIBE this system of Life Building in place of medicines and treatments, and who are building up a new practice marked by integrity on the one hand and phenomenal success on the other. The public knows that a doctor who is an enemy of Ralstonism is dishonest and unsafe to employ.



## WHAT IS HEALTH WORTH?

Omitting all references to persons of unbalanced judgment, and looking to those who possess a fairly clear mind, the following summary of opinions on the value of health, obtained by an extensive canvass covering a long period of time, will be found to represent the general drift of public appreciation of this gift to the human race:

One thousand persons between the ages of fifteen and twenty, on being asked their opinion of the value of good health, said that the subject did not interest them, or words to that effect.

Out of one thousand persons between the ages of twenty and thirty, who were asked the same question, the following made replies substantially as stated below:

About 900 declared that it was time enough to think of health when it began to fail.

About sixty said that health was undoubtedly a blessing, and they hoped they would always possess it.

The remaining forty said they had given study to the subject and were trying to adopt careful habits.

Next in the order of our inquiry came another thousand persons, this time between the ages of thirty and forty; and their answers were substantially as follows:

About 350 said that it was time enough to think about sickness when it arrived; that it was bad to think of it before it came, for thinking of a thing often brought it on.

About 250 declared that health was a great blessing, and that sooner or later it would be their duty to give close attention to it.

About 200 said that, if they had started a few years earlier, they would have been able to drive away the chronic conditions that were making their lives miserable.

The remaining number said with much emphasis that it was then too late to find perfect health, as the days of opportunity had passed, and they had refused to give attention to the subject at the time when it would have done the most good.

Now came the thousand people whose ages were between forty and fifty, and they gave replies as follows:

Nearly three hundred of them said that they had never been sick a day in their lives, and that they thought the best way was

to pay no attention to their bodies, as nature knew what she was doing when she made them, and we could not expect to improve on nature; or sentiments along these lines. (As a matter of fact all of the three hundred persons in the above group were medicine-takers or had the "pill habit.")

Less than a hundred persons said they felt in good health, and ascribed their good fortune to careful attention to right methods of living. They told the truth; their health was first-class, and their habits were carefully guarded.

More than six hundred stated that they were out of condition, being troubled with rheumatism, indigestion, poor blood, headaches, or some organic disorder, all brought on by the preceding years of indifference to the requirements of nature.

One thousand persons, whose ages were between fifty and sixty, made the following statements:

About 150 of them boasted of never having been sick and of never having given attention to the health of their bodies; a boast that, on its face, seemed ill-founded.

About fifty declared that, through careful adherence to proper habits, they had been free from sickness; which seemed to be the fact.

The remaining eight hundred were riddled with all manner of discomforts and ailments, and bemoaned their short-sightedness during the earlier years of their lives when they might have laid the foundation of perfect health and did not.

One more thousand were questioned. Their ages were between sixty and seventy. It is an old saying that if a person passes the age of sixty in good health, he stands ten chances to one of reaching seventy if he is reasonably careful in his habits. The answers of this thousand persons were in substance as follows:

Three boasted of never having been sick: thirty-seven claimed not to have been seriously ill at any time; seventy-nine were in good spirits and generally free from ailments that held them down, but admitted that they should have paid attention to their health in the earlier years of life; and 881 declared that they were fools for neglecting so precious a boon as health when it was within their reach years and years before. But of this thousand, all agreed that it was a physical sin, and some said a crime, to allow the time to pass with its golden opportunities unheeded when the ability to control the health was wholly in their power.



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## FIRST SECTION

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# ORIGIN OF HUMANITY



HERE was once an Ant that lived on the Atlantic coast. He lived in the sand. His home was made of sand. His world and universe were wholly sand. As he was able to lift and carry a goodly distance a grain of sand, he took upon himself the task of moving all the sand that was lying along the Atlantic coast from the Arctic to the Antartic regions, averaging some miles in width, many thousands of miles in length, and many feet in depth. In the lifetime of this Ant it was not possible to move enough sand from the great shore-line to affect its shape or appearance in the slightest degree. In fact, a million ants working a million years could not move one-millionth of one square mile of sand; but this Ant did not know that fact; so it worked and it worried all through a desperate existence until death finally relieved it of its delusion.

If Man were able to know more of himself, and his relation to the whole plan of creation, he would smile at his petty worries, and his misguided life-work on this globe; and doubtless would turn about and adjust his existence to the exact conditions that surround him. In order to inspire this new adjustment, we present here a few views of man's relationship to the great universe that overwhelms him:



SHORT STORY OF ASTRONOMY

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(The facts set forth in these Short Stories are those taught in schools and colleges at the present day.)

1. This earth seems big, but it is a very small part of the solar system of which our sun is the center.

2. The sun is more than one million miles in diameter, yet it is only a small star in the sky.

3. The stars that shine at night are suns, and each star has its planets, satellites, worlds and family of followers, just as our sun has, thus making a vast universe of orbs throughout the sky.

4. There are supposed to be more than 100,000,000 visible stars, or suns, and twice that number of invisible stars that have ceased to shine, but that move like derelicts through the sky.

5. Beyond the visible stars, it is believed that an endless shore of other stars exists, having no limit in extent, and as numerous as the sands on the beach.

6. The stars, while they seem close together, and crowded in some places, are so far from each other that a missile traveling at the speed of a cannon ball would not pass from one star to another in a million years.

7. The milky way seems filled with stars; yet if our sun of more than a million miles in diameter, were to run wild amid those stars, and pass and re-pass through the whole length of the milky way, it might do so 20,000 times without the slightest risk of colliding with any one of them; so enormous is their distance from each other.

8. Each star in the heavens, as has been stated, is a sun, and is supposed to hold sway over a vast solar system of its own. Each sun is supposed to be born, to develop its attendant worlds, to bring forth people, to mature, grow old, die, become a dead orb; and, after its period of rest, to be born again. This is the history of our solar system.

9. This enormous era of unfolding requires hundreds of millions of years; yet the greatest of modern astronomers says that it is but a single throb in the heart-beat of the universe.

10. Our solar system is so small compared with the whole universe, that it is but a grain of sand in the sky. Our earth is so small that no telescope, placed on the nearest star, could be made large

enough to discover it. Man is so small compared with the solar system, that he is not even as large as a grain of sand.

11. The span of the longest human life is so short compared with the single throb of the heart-beat of the universe that it is not equal to a second of time; yet man thinks he is an important being and goes about his tasks, some trifling and some gigantic, with the same air of worry and effort that is displayed by the ant in its life work of carrying away the sand from the Atlantic coast.

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### SHORT STORY OF GEOLOGY

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(The facts set forth in these Short Stories are those taught in schools and colleges of the present day.)

1. This earth, which is not as large as a tiny bit of dust compared with the universe, seems immensely big to man.

2. It is heavy, and is composed of much material that is heavy. How this material got in this part of the sky, and whence its source, is not explained by geology. This heavy material undoubtedly came a long way, and was conveyed by some method that we do not understand.

3. The earth was once burning hot; then it cooled on the outer surface. While it was hot, its air and gases were dancing high above it; but after it cooled, there remained only air and watery mists in a free state, and they were controlled by that most wonderful of all laws, gravity.

4. This earth was then a ball of rock; but the rock contained, in very small proportions, other things that were to play an important part later on.

5. The wonderful law of gravity raised the watery mists high above the air to an elevation where the colder currents chilled them and they fell in the form of rain. There were no oceans, no ponds, no lakes, no rivers; nothing but solid rock and air and mists.

6. The rains fell constantly, night and day, week after week, month after month, year after year, and century after century; probably for more than a million years without ceasing. The falling rains beat upon the rock-surface and pulverized it into sand. The earth cooled still more, and the fallen waters sank

into the low parts of the earth, which had become wrinkled and ribbed with its contracting, making hills, mountains, valleys, river-beds and ocean depressions. All these effects still exist and can be easily seen.

7. When this globe was divided into land and water, the mists that hung over it had partly cleared away and the sun looked for the first time upon our planet. The warmth from above joined with the warmth that still remained in the earth, and prepared the way for other conditions that were to follow.

8. Violent storms occurred from time to time; mountains that had been thrown up by the wrinkling of the earth's surface as it cooled, were subjected to millions of years of washings from the big rains, and the sand flowed down to the lower lands, each year making a layer that has never been effaced. By counting these layers, geology is able to form an estimate of the vast length of time involved in the process of making soil in which things might grow for the coming of man.

9. The sand and the water made mud at the bottom of lakes and oceans. When sufficient mud and muck had been so created, the heated earth writhed as in agony, the mountains fell into the seas, and the great beds at the bottom of the lakes and oceans rose up and became dry land. Our own United States was once the floor of a mighty ocean. The North Pole was once at France. Any student of geology knows these facts as the first steps of his study.

10. Even if this earth is smaller than a grain of sand compared with the universe, it is important enough to be made the special care of a providence that is all-wise, all-powerful and all-loving. Nothing has happened by chance. There is purpose in everything, and this purpose was at work a thousand million years ago. You, who read these words were in the mind of that purpose then.

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### SHORT STORY OF BIOLOGY

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(The facts set forth in these Short Stories are those taught in the schools and colleges of the present day.)

1. In a general sense the earth was a ball of solid rock; assuming that rock may contain many things in its composition. When



this rock was subjected to the heavy rains and turned partly into sand and mud, the contents of the rock were set free and flowed in the water until it found a resting place in the soil.

2. The air carried in itself a special element known now as oxygen, that was destined to become the chief actor in the making of life. It also carried another element, known now as hydrogen, which, when brought into a certain relationship with oxygen, became water. A third element was carried in the air, and this was known as nitrogen. This was decreed to become the thread and texture of all living things, both animal and vegetable. These three elements, Oxygen, Hydrogen, Nitrogen, were contained in the air that hovered over the earth in the million years prior to the formation of water. Thus the air gave to life three out of the four elements.

3. The earth yielded one element only of the Great Four. It was Carbon. These elements, the Great Four, Oxygen, Hydrogen, Nitrogen, Carbon, are the basis of all life whether of plant or animal. Keep in mind the fact that three of them were free agents in the air; that two of them, Oxygen and Nitrogen, are now free agents in the air; and that two of them, Oxygen and Hydrogen, are now free agents in the water. Thus Oxygen is in both air and water, and in other conditions also.

4. In the making of any kind of life, air and water hold three-fourths of the composition. Air and water are allowed the greatest freedom possible. They are hunting for Carbon.

5. It has been said by eminent scholars that, if this world as it exists today were to be burned to a crisp, and all the seeds and germs of life were to be destroyed by a blistering heat a thousand times hotter than has ever been known, there would come a time when it would cool off, when its air and water would again take form, and begin their hunt for Carbon. It has been aptly said that the lava from a volcano is capable of giving birth to the human race.

6. The one stupendous fact is this: Wherever the Great Four meet, there life will be created. In plain words, where Oxygen, Nitrogen, Hydrogen and Carbon meet, there life will follow.

7. If you will take some carbon, some nitrogen, some hydrogen and some oxygen, and bring them together; then give them warmth and sunlight; you will start life. Let the mixture alone, and the life that you have started in it will soon make life-cells.

SHORT STORY OF THE HUMAN RACE

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1. There is no part of the earth where carbon mixes with oxygen, nitrogen and hydrogen, that is not occupied by humanity. This mixing will not occur where the temperature is low. Life-cells are builders or destroyers; for life must be destroyed in order to make way for re-building. A low temperature puts a stop to both processes.

2. Take pencil and paper and draw a very small circle, in which you are to make a black dot near one edge. This is the beginning of all life of every kind. It comes from the mixture of the four elements in warmth and stillness. That black dot is the brain of the cell; and thus we see that you may cause life to start by bringing the four elements together, and that such life will be furnished a brain.

3. The black dot stands for PURPOSE. You cannot create the elements that start life; all you can do is to bring them together; then life begins with the formation of the cell. A power that you cannot comprehend made the elements; and the same power gave them the faculty of uniting to set up life. These powers are so great that no man could ever acquire them, nor even grasp their meaning.

4. But, as soon as you have brought the elements together and have become the cause of making life in the manner stated, the introduction of the brain follows, and its coming is most amazing. It proves the existence of a supreme controlling power in this world.

5. Life without Purpose would be aimless. Its first work is to increase its own number. After doing this, it next arranges its increase into some variety of vegetation. After this step, it next forms the animal kingdom, of which humanity is the climax.

6. Time has no value in the universe. As time is endless, it makes no difference how many million years may be consumed in bringing man into being. The main fact is the purpose to create man; and, as nothing is done uselessly, there is a distinct meaning in his presence on this earth. To make this meaning known and understood is the grandest work of life.

SHORT STORY OF THE HUMAN MIND

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1. When the brain entered into the first life-cell, it proved that there is a purpose behind all existence, and that this purpose also enters into life itself. The brain therefore is a double form of mind; it is the directing power back of life; and it is a part of that directing power placed within life.

2. So omnipotent is that tiny spot within the cell on which all life is based that it carries in itself the whole future history of the being which it is to create. If the purpose is to create the oak, it will unfold by increase the trunk, the roots, the branches, the leaves and the fruit and seed of the oak; while another cell exactly like it, but with a DOT having a different purpose, will create the rose; another will create the horse; and another will create man. All depends on the purpose that has been set up in the little DOT.

3. Life-cells, in order to increase, must be placed within reach of the elements that they are to make use of; and from these elements, they select what they need, and in exact proportions. There are altogether fourteen elements needed in the body of a human being. If only thirteen can be reached, the body will be sick and suffer untold misery; as millions of men and women are suffering today.

4. The elements that build nerve centers and gray matter, must abound within easy reach of the life-cells for the perfect man or woman. When they do not come within reach of the building cells, animal life will either be stunted or turn to vegetation.

5. What is known as the human mind is a collection of nervous centers filled with gray matter built by the concentration of the DOTS in the tiny life-cells. In vegetation these DOTS fail to meet in mass; in lower animal life they meet scantily; but in man they are very numerous.

6. The wonder is that the collection of gray matter which, in the human head, is known as the seat of the mind, is able to think one-tenth as well as it does. The best mind that lives, makes a hundred mistakes in a day; the wonder is that it does not make a thousand. If the mind were perfect, humanity would be perfect, and health would be perfect.



SHORT STORY OF PHILOSOPHY

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1. The philosopher is the man or woman who sees the facts that surround life, and who takes advantage of the knowledge they impart.

2. In the first place, the philosopher knows that the human body, mind and all, comes from the matter that exists in this earth and in the solar system. That which is physical in the body is made up from the soil beneath our feet. Humanity is actually made of dust. After death the body returns to dust; it is merely a question of time when it will be pulverized completely and return to the very same conditions from which it was drawn.

3. The nervous system is built by the energy from the sun. The latter is a vast electrical and nervous engine.

4. The mind is a part of the purpose and creative power that controls the whole universe. In humanity it is now in process of being developed; but, at the present day, although much improved over the centuries of the past, it is yet crude and defective and far from being perfect.

5. Thus the human body is made up of the earth, the sun, and the supreme power that holds sway over all existence.

6. As the true philosopher is the one who takes advantage of the facts that are most potent in life, it must follow that the most important step in existence is the building of the human body from the materials that are required to make it perfect.

7. The human body may be made perfect in its physical life by being supplied with the materials that it requires; while, on the other hand, the prevailing methods of feeding it with materials that are foreign to it, must of necessity weaken, irritate and sicken it.

8. As the sun is the source of all nervous and electrical vitality that the body needs, there is the same reason for feeding this supply with as much intelligence as is shown by experts who raise flowers; only the human vitality requires human methods. But the principle is that there should be as much intelligence shown in the one case as in the other.

9. The mind of man has risen one notch higher in the past century; and has been rising out of the blackest past in which bloody orgies and cruel rites marked the limit of development.

Still another notch must be attained before there can be any real hope of success in making a perfect body and mind. It is to inspire this improvement that the present book is written.

10. Today human intelligence is so low and so undeveloped that it gives careful attention to the health of horses and dogs, and seeks to prevent rather than be compelled to cure diseases among them; yet ignores such attention to human beings. Florists feed plants with the exact foods they need, and with air and sunshine as required; but human beings are not given one per cent of that care. Much of the food that is fed to the human body is foreign to it; but humanity lacks the mental development to correct this evil, and even does not desire to correct it.

11. The human body consists of a food-cavity, a head, two arms and two legs, all housed in skin framed upon bones. The food-cavity begins at the mouth, bulges at the stomach, and continues for many yards to its end. All the organs of the body are satellites of the food-cavity. This food-cavity, with its many demands for attention, rules the life of every human being.

12. The mouth is the upper end of the food-cavity; and it so far masters the mind that the latter becomes its slave. In the United States alone, five hundred million dollars every month, or six thousand million dollars a year, are spent for things to go into the mouth, that are injurious, useless, wasteful and direct enemies of the mind and body; yet the intellect of humanity is not far enough developed in this era to see this fact, or, seeing it, to act upon it. The high cost of living is the cost of high living, or of wrong living. The man who sits upon the branch of a tree and proceeds to saw off the branch between himself and the tree is of the same order of intelligence as those who complain of the high cost of living. The trusts that force prices up are merely taking advantage of the crude minds of the people.

13. Along the same line of mental weakness is the prevailing custom of letting the health take care of itself. "Do not cross a bridge before you come to it," is the universal motto, and it is accepted with acclaim. This means that it is foolish to prevent sickness, and evidence of an astute mind to let it run its course up to the danger point, then attempt to cure it. The true philosopher reverses this rule and says in bold words, "An ounce of prevention is worth a pound of cure."

14. The locomotive engineer is trained by necessity to become a philosopher. Before he starts on his long trip each day, he makes sure that the engine is in perfect condition. He does not wait for a breakdown before looking into its needs; if he did, many more lives would be sacrificed than are now lost by accidents. So humanity, in waiting for the body to break down before giving it care, as is the prevailing custom, often delays attention until the fatal malady has seized life, and it is too late. As proof of the difference between preventing and curing disease, statistics show that 500,000 children out of every million die before maturity; and, in Ralstonized homes where prevention rather than cure prevails, not one child in a hundred dies from sickness. In a typhoid epidemic in a city, Ralstonites corrected the causes before they attacked the body, and they all escaped; not one case of typhoid having arisen among them; while, in the same city, the non-Ralstonites were victims of the dread malady.

15. In all countries of high rank, and especially in the United States almost all patent medicines, and many of the so-called harmless or soft drinks, and other things, are dosed with chloral, laudanum, opium, cocaine, morphine, or some product of these drugs, in one form or another, with the purpose of creating the slave-habit which, when once formed, can never be shaken off.

16. The whole vast population of this country buy their groceries and other eatables from day to day, and accept countless adulterations and "doctored" goods without a murmur. Civilization is of so low intelligence that it never interferes with the slow process of murder. Loved ones fall by the wayside, cut down by the scythe of Death, and the mourners charge the loss to Providence rather than to their own stupidity. In the Chemistry Department of the United States Government a placard with the words "BABY KILLERS" was placed over concoctions that had been taken from retail dealers; but, when any of the murderers of children are caught, which is seldom, the courts impose a fine of a few dollars, or less than a fraction of one per cent of the profit made out of child-killing, and the administration calls off further prosecution on the plea that it will handicap the business interests of the adulterators and murderers. All the while the people do not care; but continue to bury their dead.





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## SECOND SECTION

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# HOW LIFE IS BUILT



WE WILL NOW leave the dry studies that are presented in the preceding pages of this book, and come to the simple facts that the most recent discoveries have brought to light. These will prove interesting, as well as important.

The first American medical scientist to win the Nobel prize of forty thousand dollars, achieved his triumph because of his discovery of the process of life and death within the human body, which process he was able to carry on outside the body in the creation, maintenance and deathless renewal of tissue such as the human body is built of.

For many years, and especially in the last five or six years, many scientific men have been experimenting along the same lines, and the results all tend to one triumph, which is the solving in part of the great riddle of life and death in the body.

Today, in the very year that you are reading this page, life and death activities are being carried on in the great institutes that the multimillionaires of the world have endowed for the purpose.

The knowledge of things is being revolutionized.

We stand on the threshold of a new era.

In entering upon the explanation of the facts which, if applied to your own life, would so change you that you would regard the result as a miracle performed in an age of miraculous progress, we fear that the subject will, to some extent, seem so deep that you will not grasp its meaning.

The question now presents itself, How shall we make this subject clear and interesting? It is the most important subject that you have ever been called upon to consider. But it is so loaded with scientific facts that it may "fly over the heads of our readers."

The hardest thing of all to take an interest in is the life-cell. We have, in preceding pages, shown that you can make such a cell. You may hate the study of chemistry, which makes things by uniting parts and producing something difficult. Some day chemistry will make gold out of dirt, instead of finding it in dirt, as is done today. Sometime in the future, chemistry will make diamonds out of charcoal, as both are different forms of the same thing.

Now you can become an amateur chemist, and you can create life by bringing the "food of life," (oxygen, nitrogen, hydrogen and carbon,) into close touch with each other; and you have before you the life-cell, provided warmth and sunshine reach them, or similar influences affect their union. This was taught you in the "Short Story of Biology," in the early pages of this book.

In the "Short Story of Astronomy," we taught you that the universe is composed of stars that are alive and shine; the number and extent of which may be compared to the sands of the Atlantic coast. You were also taught that, in the universe, scattered broadcast, there were twice as many other stars that were dead, as there were live stars. The dead stars had once lived, but their life had gone out.

Will it weary you if we compare the human body with the universe, and tell you that in your own body there are as many life-cells as there are stars in the sky, or sands upon the beach; and that there are twice as many dead-cells as there are live ones?

In this comparison will be found the ultimate story of health and disease, of life and death.

Every cell has its destiny, and this is given it at birth by the presence of the brain or purpose. The Creator made the material out of which the cells are built, made the law that unites the material into cells, and furnished the mission or destiny that is allotted to each cell. Thus, in the experiments that are to be unfolded in the next few pages, you will find yourself holding direct communication with the Creator.

The mission of the life-cell holds the key of birth, growth and

death. This mission can be carried in a cell so small that it can be seen only by the most powerful microscope. Our sun looks large to us with its diameter of more than a million miles; so the tiny life-cell might look as large as a world to some lesser being.

If you are to know anything of your own existence, and of the fate that stares you in the face, you must learn it by studying the experiments in the next few pages, which, as has been stated, are conversations with the Creator.

In the life-cell is its destiny. If it be the germ of an oak, its mission is to build the oak tree, and the generations of oaks to follow until the line is broken. Do not forget that each life-cell has its destiny, its message given it at birth, for the mission upon which it enters is the directing force of all its growth.

**FIRST LAW:—Each Life-cell conveys its purpose to all the cells it creates.**

If a cell is told to make a blade of grass, all its generations of growth will make grass; and never start an apple tree or an elephant. In a short time we shall see the power of this law.

One-third of all the stars in the sky are live ones; and two-thirds are dead stars. One-third of the human body is composed of live cells, and two-thirds of dead cells. The functions of the body and the activities of the mind and muscles break down the live cells, and the purpose of food is to supply the material for making new life-cells as fast as the old cells break down. This seems simple enough, but the presence in the body at all times of countless millions of dead cells results in the forming of the most deadly poisons known to nature. From these poisons come sickness, disease and death. These are the poisons that are always seeking to escape, but at the peril of the remaining life in the body. These are the poisons that bring on old age and decrepitude, if not mastered. It is only in this very year that the secret of mastering these poisons has been fully discovered and understood.

The results are marvelous; almost a miracle!

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## DEAD WHILE YET ALIVE

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As has been stated, the human body is composed of one-third living cells, and two-thirds dead cells. The latter were alive at



one time, and the former will all die, but not until new cells have been created to keep the system alive. There are two kinds of death, and two kinds of disease. The death of the whole body may result from injury to one part alone, as the heart or brain; in which case all the parts of the body are alive, but the machinery has stopped, just as a clock may have run down while in perfect order. A man who is shot through the heart is as much alive after he dies as before, except as to the heart; but the life of the body as a whole is ended, unless science, as no doubt it will some day, is able to bring back the action of the heart.

A ball in the brain may end the general life of the body by its shock or injury; but the time is not so very far distant when science will be able to mend the part and start the machine going again; then the world will laugh at the weakness of their ancestors, meaning the people of today and the past.

In order to sustain the whole life of the body, all its parts must be kept in good condition. What is called good condition consists in supplying new material for the parts, each with the kind it needs; and in withdrawing the dead cells before their poisons are allowed to set up disease in the body.

Before the child first saw the light of day, it was supplied with all the needed parts with which to make a perfect human body. Each part was given the power to act under the FIRST LAW, which says that every life-cell conveys its purpose to all the cells it creates. This means that, once a cell has started to make growth in a general body, it will keep up whatever line of work it has begun. Stomach-cells will make only stomach tissue; for tissue is only a mass of cells grown together. Heart-cells will make only heart tissue; lung-cells will make only lungs; kidney cells will make only kidneys; bone-cells will make only bones; muscle-cells will make only muscles; and so on all through the body.

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**SECOND LAW:—Each part of the body must be supplied with food that contains material exactly like that of which the part is made.**

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Under the FIRST LAW it is seen that each cell conveys its purpose to all the cells it creates; which means that each part

of the body renews itself by force of the impulse that is present in that part alone. This is the reverse of the doctrine that has been taught up to this very year.

As it is now an established fact that each part of the body is a little world in itself, that its renewal is due to its own impulse, and that it repairs its own waste by a system of home rule, or government carried on within itself, the SECOND LAW becomes immensely important, for the exact food or nutrition of which the part is composed, must be supplied to it every day.

It is to be supposed that the general health of the body affected each organ and part; but now it has been proved within the year past, that the reverse is true; that any defective part of the body may affect the general health of the whole. This new law is bound to revolutionize all medical practice, as the experiments to be stated in the coming pages are now revolutionizing all surgical practice.

A bad condition of the brain may ruin the health of some part of the body, just as a defect of the lesser brain is known to bring on diabetes, locomotor ataxia, St. Vitus' dance and similar maladies; and just as a depressing mental condition, as when bad news comes, will stop digestion. Yet, on the other hand, a sick body may remain alive for years, and the mind perform its best work; showing that general ill health does not break down an organ.

These two facts must be fully appreciated, for they open the new road to perfect health.

Acting under these two laws, the greatest scientific investigators of England, France, Germany and America are today carrying on experiments and have thus far reached the following results:

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### FIRST EXPERIMENT

*Making Life.*—In the greatest laboratories of the world, they are taking a single cell and feeding it with blood at a temperature of the human body which is a little less than one hundred degrees. From this food the cell increases its kind, and the health of the increase depends on the quality of the food that is furnished. A cluster of cells no larger than a mustard seed, but looking like a great mass under the glass, is likewise given food, and grows in health or disease according to the quality of the nutrition offered.

## SECOND EXPERIMENT.

*Making Bones.*—A piece of bone from an animal that had recently died, was placed on a microscopic slide and fed with fresh blood. Another piece of the same bone was placed in cold storage and kept for months, and then put on a slide and fed with fresh blood. The warmth was nearly one hundred degrees, and this was maintained steadily. Both pieces of bone selected from the blood the parts needed for making new bone; rejecting all other parts. As live bone is composed of live cells, each being charged with the purpose to make new bone, under the FIRST LAW, and being fed with the proper material under the SECOND LAW, it was a simple matter for them to build new bone structure; and this depended in quality on the kind of bone food that was in the blood.

Many human beings have curvature of the spine because the bones are weak, and their weakness is due to lack of bone material in the daily food. Children have the rickets and other bone diseases from similar causes. No cure of any trouble of this class should ever be attempted until a high grade of bone-making food is secured as a part of the diet.

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## THIRD EXPERIMENT

*Making Skin.*—In the same manner as bones were made under the Second Experiment, skin was grown. A piece of live skin was put in cold storage, and another piece placed upon the slide as soon as it had been taken from the body. The purpose in putting one piece in cold storage was to prevent decay, and to ascertain if its life-making power was injured by the lapse of time. Each was fed with blood containing the required kinds of food; one immediately, and the other after months of keeping. Each piece began to grow new skin, when properly fed. They built the pores and layers perfectly, and all the intricate machinery that is involved in perspiration.

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## FOURTH EXPERIMENT

*Making Organs.*—Parts of the stomach, the kidney, the liver, the lungs and other organs were placed on separate slides and fed with blood at the proper degree of warmth. The liver-tissue



built more liver; the kidney-tissue built kidney; the lung-tissue built lungs; and so on through all these experiments. In no case did one kind of tissue depart from its mission. Here was seen the greatest work of nature in life. It would have been asserted by almost any scientist five years ago that tissue of any organ or part of the body would, if made to build other tissue, have brought into being nothing more than a general mass of cells; for it was then believed that, outside the body, the tissue would lose its characteristic qualities. To see tissue wholly separated from its place within a living organism, lying on a slide with no connection with any form of life except itself,—to see such tissue working diligently to make more of its special kind under those circumstances was indeed amazing.

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#### FIFTH EXPERIMENT

*Making Brains.*—The brain is a great nervous center. In the act of thinking, it throbs, and fluids rush over its surface. Each brain-section is a small engine that, like the heart, carries on its action when in use by a vibrating of throbbing motion.

A section of brain was placed in cold storage; and, after months there, it was taken out and fed to blood at body heat. After some delay the piece of brain began to build more of its kind, and increased the size of the piece by a large percentage. No results were obtained to indicate a sensitive condition as would be shown if thought were present; but this is accounted for by the fact that the physical and mental functions of the brain are separated; one is tissue-growth, and the other is the operation of a faculty.

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#### SIXTH EXPERIMENT

*Making the Heart Beat.*—The most gratifying of all the experiments was that made with pieces of hearts taken from animals just after they had died. Fragments of chicken heart were placed on slides, and fed with warm blood. In a short time these fragments began in great earnest to build more tissue of their kind; and, after a while, they began to contract and expand like whole hearts within living bodies. One fragment was smaller than the other; the former beat and pulsated regularly, but with greater

speed than the larger fragment; the former having 120 pulsations to a minute, and the latter 92 pulsations.

One lesson of vital worth is here taught; the heart beats of its own power, independent of any aid from the general body, and its energy and vigor are so great that nothing short of monstrous abuse can stop it. No sensible person should have a weak heart; and only lack of knowledge or judgment can stand in the way of a complete cure of heart weakness.

In the above experiments with the pieces of chicken heart, the pulsations continued for three days; then the tissue seemed to weary, and the smaller fragment dropped in its rate of action to ninety heart-beats a minute, while the larger fragment dropped to forty. Examination showed that, as the new tissue formed, some of the old died and gave out a poison known to doctors as toxin. This poison was removed by a special washing, and new blood was introduced for food, as the heart-material no doubt was about exhausted in the three days of feeding to the tissue-growth. Exactly the same conditions take place in the living body. Old cells break down and become a source of danger by their poisons; and the same blood will not always serve as food.

As soon as the fragments were washed and given new food, they again became vigorous; as the doctor in charge at the Institute said, "they were pulsating at a furious rate." While they were beating, they were rapidly growing in size, until the two fragments came together, whereupon they united and became a single organ. The two hearts that had been beating at different rates of speed, now assumed a modified rate and pulsated as one heart. Another specimen of heart-fragment lived for 103 days, beating regularly all the time, and was accidentally destroyed.

One peculiar fact connected with these experiments relates to the time that is taken by the pieces of tissue before beginning to grow; the parts that come from very young life starts first; those from middle life later; and those from old life requiring more time. This indicates that, while each organ and part of a living body obeys the message given to it by its Creator to reproduce its kind, the speed or sluggishness of growth follows the tissue even after it leaves the body; and this rule applies to those parts that are laid away for many months in cold storage and then given the opportunity to grow again. Part of a newly-born rabbit, after

being kept in cold storage for a year and then placed on a slide and given food, began instantly to take on growth as soon as the degree of warmth was reached. A piece of bone from a very young pup started quickly; while a piece of bone from an old dog was very long in beginning to make its first growth. To prevent over-size, nature wisely checks the speed of growth in mature bodies; or a person would never stop growing.

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### SEVENTH EXPERIMENT

*Making Cancers.*—About forty years ago it began to be suspected that a cancer was nothing but a wrong growth of tissue or flesh; these two words meaning about the same thing. Several reasons in late years have arisen to confirm the former belief. One of the foremost medical experts during the past year has shown conclusively that every cancer is a mass of tissue that has a wrong formation. In the present year this great practitioner has cured twenty cases of cancer by no other method than the adoption of a diet that was able to correct the bad growth.

This is the first step that has ever been taken in the right direction in the cure of cancer. And it is the only method that has ever effected a cure. While all other means have failed, the correction of the habits of eating has accomplished the victory of centuries.

In the Institute, which is the most heavily endowed establishment of its kind in the world, it has been possible during the past year to produce cancerous growth, or the growth of cancerous tissue on glass, every step of which may be seen as it develops. New knowledge of this virulent disease has been obtained.

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### EIGHTH EXPERIMENT

*The Beginning of Death.*—Healthy tissue of any kind that is placed on the glass and fed with the proper food in the right degree of warmth, will proceed to build more tissue. After a while it will grow sluggish, and show signs of being weary. If left to itself it will die. But its death will be due to one of two causes: The first cause is the lack of a new supply of food. It will not take all the food before it, for it selects only that part of the nutrition that is capable of building its kind of tissue; and when that



portion is eaten, the food that remains is useless. Starvation then ensues. The other cause of death is the effect of the poisons set up by the decay of the old cells as they die. Imagine yourself making a voyage around the world in a vessel in which two-thirds of the passengers were dead.

But we must watch the experiment with healthy tissue.

When its growth begins to lag, we feed it fresh food, but that alone does not revive it. Instead of feeding it fresh food, we cleanse it with a wash that removes all traces of the poisons, and it revives to some extent. We now adopt both courses: giving it a wash, and changing its food for new, and the old vigor returns at once. The kind of wash is not an exterior one, but a method that reaches the whole interior formation of the mass of tissue growth. A surface wash would do but little good. The very center must be reached.

Omit this removal of the interior poisons, and the tissue will gradually weaken and die; so will a human being, and from the same cause and in the same way.

Fail to change its food supply, and it will slowly fade away and enter the ranks of the dead. So will any person who denies the body its proper food. Feed it with plenty, but pay no attention to the kind of food that is given, and it will by slow degrees, hardly noticeable, take on the conditions of maturing, aging and dying. So will any human being under the same circumstances.

Experiments have recently been made along these lines; life has been allowed to weaken and to show the approach of age, when it has been revived and put back to its youth again; later it has once more been left to grow feeble, and so on back and forth at the will of the experimenter; one case repeating these processes ninety-five times.

The leading scientists of Europe and America now declare that, while the general body of a human being is doomed to die in time, each and every part of that body may be made to live forever if only care and attention can be given it.

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## NINTH EXPERIMENT

*Repairing the Body.*—The recent awarding of the Nobel prize carrying with it the sum of forty thousand dollars in cash, was

based largely on the experiments whereby hopeless losses in the living parts of the body, were replaced or repaired, just as a machine, that runs down because of a defective part, is given a new part or the old is made new, and the whole machine becomes useful again.

Prior to this climax, the kidney of one cat had been removed and placed in another cat, whereupon it took on the function perfectly. Veins and arteries also had been transformed from one body to another. Not long ago Dr. Magitot had occasion to remove a diseased eyeball which he put away to keep. Later on another patient who suffered from a scar on the eye that was pronounced incurable, having been caused by severe burning from quicklime, was operated upon and the scar cut out, leaving a part of the cornea of the eyeball missing. A piece was fitted in from the eyeball that had been put away for some such emergency. The piece had been made to grow independently before being so used; and, when it was fitted in the damaged eye it began to grow into it and soon made a perfectly healed and whole eyeball.

The power of a separated part of living matter to unite with other living matter depends on the development of tissue growth on the part so that it is in a condition to effect the union.

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#### TENTH EXPERIMENT.

*Building a New Body.*—The preceding experiment, the Ninth, deals with the mechanical repair of parts of the body, and is in the realm of surgery. While it is interesting to read about the wonderful work now being done in this way, our chief interest lies in the natural alteration of the parts of the body without resort to surgery.

Living consists in the breaking down of old tissue and the growing of new cells to take its place. Health consists in feeding the body with the exact kinds of food needed; and in the quick removal of the poisons that follow the death of the worn out tissue-cells. Every minute, every second of life, we are dying within the body, and re-building it.

**THIRD LAW:**—*Blood, which is the food of the body, is itself created by the action of its own food-cells on the stomach.*

This law, difficult as it seems at first reading, is the basis of all

the life in the body. It is the key to health. It holds the secret of every kind of repair in the body through natural means and without the knife of the surgeon. It will forever render unnecessary the use of surgery.

Like produces like. Blood produces blood.

The contents of the blood will depend on the character of the food that is sent to the stomach.

In the year 1913, Professor Pozzi of the Academy of Medicine, announced an experiment that had just been completed with the aid of other scientists in biology, to the effect that all the vital organs of a cat had been removed and placed in a separate receptacle where they were fed with blood-food at the normal warmth of a living cat. The organs were made for many hours to carry on all their work; the lungs breathed, the heart beat, the stomach digested food given it, and the other parts did their work, even the intestines moving in the usual way. The circulation was perfect. The ability to remove the poisons that were generated by the breakdown of the life cells, was necessarily limited; but the principle sought was found, and that was the power to carry on life outside the body in the natural way.

This outside life was increased by careful selection of the character of the blood fed to it; and by releasing, as far as possible, the poisons that were constantly being thrown off from the cells within the parts.

The time is not far distant when it will be possible to remove any vital part of the body, repair it, and put it back, and set it going again. Many things that approach this result have already been accomplished.

In the year 1914 the eminent expert, Dr. A. L. Soresi, in a published report said, among many other things along the same line: "When a person is declared dead it does not mean that all his organs are individually dead. The majority of them, under favorable circumstances, would live indefinitely."

The Ralston Health Club is keeping fully abreast of the times and intends to convey to its members all information of newly made discoveries.





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## THIRD SECTION

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# BUILDING THE BODY

**T**HREE THINGS are sought by the Ralston Health Club in its efforts to make surgery unnecessary. In the first place, there must be a method whereby the poisons of the dead cells in the body may be drawn off before they set up weakness or disease. In the second place, there must be found the exact foods that are required to sustain perfect life in all the various parts of the system. In the third place, the means of repairing injury already done must be found and applied.

Where damage has already been done to any organ, that organ now is weak, and some form of disease has begun to enter it. The steps that a malady take are often sheathed and hidden until the disease is beyond repair. This is seen in Bright's disease, also in consumption, and often in strain on the arteries of the heart, and sometimes in diabetes; and yet, in the early stages of all these maladies, there is abundant hope of cure. Consumption and diabetes can be overcome in nine cases out of every ten, if the methods of this book are adopted.

There are two kinds of life in the body:

1. The general life of the whole body.
2. The separate lives of the parts within that make up the whole body.

The stopping of one of these parts will bring death to the whole body while, in fact, it should not be regarded as dead, for only one part has stopped its work, and that part should be made to renew it again.

## BURIED ALIVE.

It seems a sad thing to lower into the grave a healthy man, woman or child, because some part of the human mechanism has failed to do its work. Acute indigestion claims thousands of victims every year; yet it is nothing more than pressure on the heart of poison-gas from the digestive tract; and in almost every case the stomach and heart are perfectly sound. The strongest and healthiest men, by some carelessness in eating, die in a few minutes after a meal, when there is nothing the matter with them that can be called disease. The heart simply cannot stand the strain from the poisons that arise from improper foods. Babies die of colic in exactly the same way, and their bodies are in perfect condition even after death. Neither nature nor the Creator could make more normal or better organs and parts than are found in such cases; yet the victims, in absolutely perfect health, are put under the sod and there return to nature.

Let us reverse this awful wrong.

Every part of the body is built by cell-growth.

Cell-growth may be weak, slow and poor of quality; or it may be speedy, strong and of the highest quality, in which latter case disease and sickness are impossible, when tissue-growth, which is the same as cell-growth, is sought as a part of the daily habits of life in advance of illness.

Tests and experiments have now established the fact that wounds may be healed in a few minutes, and broken bones united and thoroughly repaired in a few days, by using the new method of tissue growth.

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## HOW GROWTH TAKES PLACE

We have shown in the early pages of this book that every part of the human body is a collection of cells.

Each part of the body, having been started by nature in the developing seed of life, must renew itself. This is a very important law. It is fed by the food that it needs. This food is human blood. The heart pumps the river of blood through the body with great energy, making the whole circuit in a short time, and repeating it from long before birth until the last breath of life.

Human blood, therefore, is the food of each and every part of the body. The same thing that feeds the hair, also feeds the nails, the skin, the heart, and every portion of the system. But the same parts of the blood do not feed all the body. It is like putting together a great temple; all the portions of which are shipped in great trains, from which are taken the parts that are needed in each division of the structure. In the trains is found the material for the foundation, and that is separated and so used; in the same trains is found the material for the walls, and this is separated and so used; in the same trains is found the material for the floors, the material for the frames, the material for the doors, the material for the windows, for the hangings, for the roof, for each and every part; and, when every department of the temple has drawn from the great trains that portion that it needs, the result is the completed structure. That which makes windows cannot be used to make walls. To the untrained eye, the mass of material in the great trains seems a hopeless mixture; but each element reaches the place for which it is designed.

The same thing is true of the human blood.

Blood contains fourteen different kinds of food, but the eye cannot see them as separate parts; it looks like a red liquid. But each section of the human body is given the law which says that LIKE FEEDS ON LIKE, and so the liver will take out of the blood the food that makes liver, the bones will take the food that makes bones, the heart will take the food that makes heart, the hair will take the food that makes hair, the skin will take the food that makes skin, the brain will take the food that makes brain, the nerves will take the food that makes nerves, and so on all through the list.

We have seen in the experiments that have been described in the preceding pages, that any part of the body when taken out and fed with blood will carry on its growth and perform its duties; and this is due to the wonderful law that gives to each part a world of action and life wrapped up wholly within itself.

In this very year the main theories of life have been reversed, and what was supposed to be the truth last year is now known to be the opposite. Each organ will feed itself and attend to its duties regardless of the health and condition of the rest of the body. Here is opened up the approach of a wholly new science.



No human being is born alive and lives unless all the vital parts are present and at work.

With this start given the body in nature, the rest of the work of sustaining life must be controlled wholly by human attention and care.

### HOW BLOOD IS MADE

Under the Third Law, it is seen that blood makes itself. Like makes like. You might at first think it an advantage to drink blood, on the theory that it would be ready made food for the living parts within the body; but this is a serious error.

Whatever enters the stomach must be eaten by the blood of the body.

A double process is thus seen at work:

The parts of the living body within are fed from the blood that circulates among them, or rather, they feed themselves by taking from the blood the material that they need.

The blood is the only division of the body that does not feed on blood. No part feeds on itself, unless it may be the stomach when abused, and this is not a normal action. All parts take their food from blood, but blood must get its food from the contents that enter the stomach. This is the difference between the support of the blood itself and the support of the organs and living interior of the body.

The blood creates in itself a mass of LIFE-BUILDING CELLS that are employed for the one purpose of creating blood out of food that enters the stomach. Some scientists call these life-building cells the bacteria of digestion; some call them germs of digestion; and they are known in a popular sense as the gastric juice. Under the microscope they are seen to be living, active, energetic organisms. They spring from the blood and enter the stomach, where they act upon the food contents by building blood.

No blood, good or bad, can be made except by these life-building cells acting on the contents of the stomach or digestive tract.

Blood is incomplete when it does not contain all the fourteen elements that are required to feed the whole human system. Therefore the food that enters the stomach must be a complete food. If it lacks one of the fourteen elements, it will not be able to feed all parts of the body; the brain may not have its phosphates, and headaches will surely follow; or the nerves may not find its

material, and there will be nervousness, weakness, loss of vitality, lack of sleep, and any one or more of the many maladies that attend a deficient diet. In another division of this book you will find many of the wonders of diet, and surprises await you in the light of the most recent discoveries.

With a complete food in the stomach, and a full flow of gastric juice bringing a vast army of life-building cells, the result must of necessity be the formation of new, pure, fresh blood. The next step is to get it to the whole inside of the body by vigorous circulation, and it will do exactly what you have seen described in the many experiments in the early pages of this book; it will repair all weakness and loss of tissue in every organ, and will build new life as it speeds on its course.

If the quality of the food that enters the stomach is improved, and the energy of the gastric juice is increased, the repair and maintenance of the whole body will be almost instantaneous; and this is the method to be set forth in the present book, in every respect out-distancing all previous methods.

The chief enemy of life is the poisoning that follows the breaking down of old cells which are always dying in the very act of making life, and this poison must be disposed of as speedily as possible, day after day. From it all disease springs, except maladies that are due to lack of a complete food in the blood.

1. The stomach receives its food.
2. Outside the walls of the stomach is the blood system of the body.
3. Through the walls of the stomach the blood sends its life-builders in the form of gastric juice.
4. These life-builders enter the stomach and convert the food into the first stage of blood-cells, which pass out through the various channels and soon become blood.
5. The made blood now circulates all through the body; it touches at one organ after another, and each organ helps itself to what it wants, and so do all parts of the body, until a new supply is needed, which is found again at the stomach; and so the action is repeated as long as life shall last.
6. When some needed material is not found in the blood, rebellion is set up and pain follows.
7. When the blood is loaded with materials that are not required by any of the living parts of the body, irritation follows, and many

maladies arise, such as catarrhs of the membranes, sores, ulcers, cancers, degeneration, enlargements, diabetes, kidney troubles, and rheumatism, the latter being the most common result of foreign matter in the blood next to catarrh of the nose, throat and stomach. Catarrh is merely an attempt to throw off the foreign matter in the system. Rheumatism is the accumulation of certain foreign matter that cannot be thrown off by catarrhs. Neuralgia is the warning that, instead of foreign matter, or in conjunction with it, there is some part of the blood lacking in needed material to sustain life. Most people doctor for these things instead of shutting off the constant stream of causes. They doctor in vain, or substitute one malady for another. These things will be better understood as soon as we come to the division of this book that deals with the wonders of diet.

Humanity is just beginning to learn the truth.

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### THE ARMY OF LIFE-BUILDERS

The most marvelous of all the powers of the body, is the army of life-building cells that are poured into the stomach by the blood.

In fact, they are poured into the whole length of the digestive tract.

This tract begins at the mouth, bulges at the stomach, continues on to a second stomach, and passes on to its end after many windings. All along its course, if any genuine food is present, or anything that the blood will pick up, the process of digestion goes on; and digestion is merely the formation of blood-cells from the contents of the digestive tract. It only turns food to blood-cells. It takes material in which there may be no cells whatever, and starts cells growing in it, and then takes possession of them for the blood circuit.

If you will put a piece of dry cracker in your mouth and wait a little while, you will find your mouth filled with a juice, but you do not know where that juice came from or how it got there. It is known as saliva. It is merely a mass of living cells all charged with extraordinary power to build new life. If you hurt yourself, the part affected is soon healed if saliva is applied. Nature teaches this fact to animals; the wounded paw is licked and soon becomes well, or the torn side is treated in the same way and danger of blood poisoning quickly passes, for saliva is an excellent antiseptic.



The quality of the saliva depends on the quality of the blood from which it comes. If the blood is pure, the saliva is a quick healing agent, is a powerful antiseptic against dangers from without and ptomain poisoning within, and prepares all food for becoming new blood.

Much has been written and stated in favor of long chewing of food.

Out of more than one hundred thousand experiments made under all conditions, it has been found sufficient to merely chew the food enough to thoroughly mix it with the saliva. If this mixing can be done in a second of time, so that every particle of the food is touched by the saliva, that is long enough. Some persons are able to give the food one turn in the mouth and thereby bring it into contact with the saliva, and so eat rapidly; but it is never wise to swallow any food without first allowing the saliva to touch it. The following rules will help understand this law:

*Rule 1.*—It is not necessary to chew food very long, if it is chewed thoroughly.

*Rule 2.*—All solid food should be taken into the mouth in very small lots.

*Rule 3.*—All solid food should either be chewed or turned over in the mouth until every part of it has been brought into contact with saliva. It is then ready to be swallowed.

*Rule 4.*—All liquid food should also be turned over in the mouth for the purpose of mixing with the saliva.

*Rule 5.*—Liquids that are not food drive the saliva back through the glands and prevent its mingling with food in the mouth; therefore no food should be washed down into the stomach by water, tea, coffee, beer, liquor, wine or other non-food liquid, as none of these are foods.

*Rule 6.*—Milk, cream, soups, broths, simple gravies, and the like, are foods, and may be eaten with solids provided they are kept in the mouth long enough to enable the saliva to mix all through them.

*Rule 7.*—Food, whether solid or liquid, that is swallowed into the stomach without mixing with the saliva of the mouth, lacks the first essential of digestion, which is freedom from fermentation.

*Rule 8.*—The powerful antiseptic value of saliva destroys all germs in bad food, and all poisons that arise from ferment. As proof of this law, persons seated at the same table with those who

are killed by ptomain poison from partly spoiled fish or meats. are saved from death by reason of the fact that they salivate their food thoroughly, while the victims are of the class known as "bolt-ers of food," or those who swallow without chewing, or who wash their food down with water, tea, coffee, beer, wine or liquor.

Thousands die every year from ptomain poisoning; and other thousands who eat the same kind of food, but salivate it, are not even made sick.

*Rule 9.*—The purest food will ferment in the stomach if not first salivated at the mouth.

Children and young babies are tormented with the colic, which is nothing but fermented milk or other food; and many die because of this trouble. Bottles and tubes are scalded carefully in most families, yet the colic continues. Proofs have been furnished that show conclusively that the colic is due to the hasty eating or sucking of the milk, either from the breast or the bottle. In some cases the nipple is allowed to reach to the back of the mouth.

The remedy is the short nipple, compelling the milk to remain in the front of the mouth; added to which is the very close opening, which prevents the rapid flow of the milk. More than ten thousand cases of bad colic habits were corrected the past year by this reform in feeding.

*Rule 10.*—Gas in the stomach of grown persons, eructations, ferment of food all through the tract, flatulence, "rolling" of the bowels, and similar disturbances are due to the decay of the food after it has been swallowed; and the best food will so decay instead of digesting if it is not salivated; while, on the other hand, salivation at the mouth will make such troubles impossible.

*Rule 11.*—The drinking of water during meals is a help to digestion if the water is taken in small quantities, and is not mixed with food in the mouth. Mixing with food in the stomach during and after a meal is helpful. Cold water should be taken slowly and sparingly, but as often as desired.

All babies and young children should be given cold water, even ice water if relished, but in sips. It has been proved that small quantities of cold water given to very young babies, if given on the end of a spoon, will relieve them and assist in inducing sleep. This practice has been of the greatest help to tired mothers who formerly were compelled to stay awake nights to comfort crying children. Most babies cry because of thirst.

*Rule 12.*—Hasty swallowing of good food brings on ferment in the stomach; and hasty swallowing of bad food increases the danger of immediate distress and sickness, sometimes quickly bringing on acute indigestion and death.

*Rule 13.*—The saliva of the mouth furnishes the first cells of life-builders; and the gastric juice of the stomach furnishes the second set of life-building cells.

*Rule 14.*—The gastric juice will not flow in abundance to the stomach unless the palate stimulates such action.

There is always some slight flow of gastric juice, but not a normal or healthy flow, unless the palate originates it. The question may be asked, how can the palate which is at the mouth affect the stomach juices? The answer is plain. The digestive tract acts as a whole. There have been many proofs of the fact that the palate really controls the stomach. One of the old theories that was believed by every physician for generations has recently been exploded. It was always supposed that the presence of food in the stomach excited the flow of gastric juice; but this is now known not to be true.

*Rule 15.*—The contents of the stomach have nothing to do with the flow of gastric juice into that organ.

Food in the stomach will not invite the digestive fluids. Experiments by the thousands have been made to prove this fact, some by direct observation during operations when the interior action of the stomach was seen, and others by indirect but equally effective means. It was formerly believed that the presence of food in the stomach, by touching its walls, would set up the same kind of excitement that food in the mouth does, and would therefore draw forth the juices. But the reverse is true.

*Rule 16.*—That which pleases or displeases the palate of the mouth will aid or hinder digestion at the stomach.

Some great experiments have been made to prove this rule. The number of stomachs that have been operated upon are in the thousands. The operation seems to be safe at all times, as we have never heard of any result that was not satisfactory, and lives have been saved in this way when there was no other source of help. The Pawlow experiments are briefly stated as follows, although they are now known to all the world:

1. Every effort was made to cause gastric juice to flow into stomachs that had been cut open and exposed to view; the interior



walls were scraped, then they were excited by the action of a feather, then by the introduction of rough sand and finally by putting tempting food within. In every instance the stomach remained dry.

2. Bread placed in the stomach remained for hours unacted upon. The coagulated whites of eggs were undigested. The uncooked whites of eggs passed through the porous walls of the stomach, but this was done by absorption, as no gastric juices appeared. Raw meat, after a long period, started a very slight flow, but not enough to act upon the meat.

3. In order to test the law of digestion, all these foods were left in the stomach, and then an opening was cut into the throat below the place where the swallowing occurs. Through this opening any food that was swallowed was caught and brought out into a pan, so that it did not pass into the stomach.

4. The most dainty and tempting, yet wholesome food, was given into the mouth, and eagerly swallowed, then taken from the gullet, and none of it entered the stomach. This same food was again eaten and swallowed time after time. The eating and swallowing were natural. Not a morsel reached the stomach, yet the gastric juice poured into that organ in enormous quantities.

5. The saliva was collected from the mouth after each act of swallowing; and the gastric juice was collected from the stomach; these were used as solvents on other food that was not then at hand, and they were found sufficient to digest several large meals.

6. Food that remained in the stomach stagnated there up to the time that the palate was excited. When the palate was excited by the action of pleasing food eagerly swallowed, the stomach, although receiving none of the food, became flooded with gastric juice, and this juice together with the saliva, when taken away to some other scene, had the power to digest food in a plate.

*Rule 17.*—The eager desire for the food swallowed increases the flow of gastric juice to the stomach and aids its power of digestion.

*Rule 18.*—Hunger so far aids digestion that the stomach acts easily on foods that ordinarily would cause indigestion.

*Rule 19.*—Starvation intensifies the eagerness of the stomach for food, and the gastric juices are able to digest things that are absolutely dangerous under other conditions.

In starvation the first touch of food to the mouth and palate results in a flood of saliva, and in an inrush of gastric juice at the

stomach; and the life-cells in both these fluids act quickly and thoroughly, turning almost worthless stuff into food. Grass, wood, leather and weeds have been digested by starving bodies.

The main lesson from Rule 19 is that fasting leads to an appetite, and this custom has been in use for thousands of years. We do not teach fasting except when a person wishes to undertake the course of discarding the old body, and building up a wholly new body; and then it must be done by common sense methods and not at haphazard, for fasting leads to great dangers in after life. The principle, however, is a great one. It brings on semi-starvation, and thus creates an intensely strong and valuable appetite.

*Rule 20.*—The action of any pleasing matter upon the palate causes gastric juice to flow into an empty stomach.

The walls of the stomach, when empty, sometimes come together. As has been stated, this organ is the only part of the body that will digest itself. It is not true that the stomach will actually destroy its own walls by digesting them; although there are cases where this has partly occurred; but it is true that the walls of the stomach will do each other a great injury, slowly but surely, by the presence of gastric juice in an empty stomach. These walls are nothing but tripe. Put a piece of tripe raw or cooked into the stomach, and, if the gastric juice is invited in, this tripe will be digested like any meat.

*Rule 21.*—The habit of chewing when the stomach is empty tends to set up a process of digestion which congests the walls of the stomach, and results in weak stomach, and forms of gastritis.

If you chew gum or tobacco or other thing, causing a flow of saliva in the mouth, at the same time you are causing, in the same act, a flood of gastric juice to the stomach. If the latter is empty, then there is nothing digestible but its own walls, and these are acted upon by the powerful solvent fluids in the gastric juice. The walls become inflamed and very red. Their irritation is not healed for some time after. Food will not be well digested by an inflamed stomach.

*Rule 22.*—The same chewing that will inflame an empty stomach will aid digestion when the stomach contains food.

If you are a gum-chewer and must chew gum, chew it when there is food in your stomach; but never when that organ is empty.

If you must smoke, then do so when there is food in your stomach; for smoking on an empty stomach excites the flow of gastric

juice, that tends to digest the walls of the stomach and to set up inflammation thereby. It is true that the man who is a slave to the pipe or cigar, gets from smoking some aid to digestion.

*Rule 23.*—When a hearty meal has been eaten it should end with the holding in the mouth of some greatly liked dainty which by exciting the palate, will maintain a constant flow of gastric juice in the stomach.

This Rule has been employed in the cure of indigestion to such an extent that some such thing as a raisin, a piece of candy, a candy-mint, or anything that is greatly enjoyed has been used to stimulate digestion with regularity, and some of the most obstinate cases have yielded in this way. One man who was exceedingly fond of olives, held half an olive in his mouth for an hour after each meal; another a bit of very hard candy; another a piece of flavored chewing gum, which he was ashamed to chew, as he was a judge and presided at court; another a piece of candied ginger.

*Rule 24.*—Foods that do not please the palate should not be eaten.

The reverse of this rule is not true as we shall see. But it is always true that a person should never eat what is not relished. The only exception is the eating of plain, wholesome food by one who has abused the stomach, and who seeks and craves unfit foods only. Sick stomachs have a depraved taste, and morbid palates demand only morbid foods. Thus an inflamed stomach and disordered liver rebel against milk, which is the most natural of all foods.

*Rule 25.*—All things that please the palate are not good to be eaten.

While you should seek such foods as are pleasant to eat, you should not eat everything that pleases you. In the first place it is hard to satisfy an inflamed stomach. Until that organ is in good health, you cannot tell exactly what you do like, for there are score of things that tickle the palate, yet that would kill you if you were to eat them.

*Rule 26.*—The nearer the body comes to perfect health, the more the stomach and palate will crave simple, plain and wholesome foods.

*Rule 27.*—If there is an intense craving for anything that is hurtful, the better way is to hold it in the mouth after eating a meal of wholesome food, but avoid swallowing any of it.





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## FOURTH SECTION

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# LIFE ENEMIES



EVERYTHING that lives in a physical sense, comes to that change that is known as death, although nothing actually dies. The human body matures and takes on age, in its progress to the end. Despite all the efforts of man, the body sooner or later is dissolved, and its material returns back to earth from which it came.

We have shown in the earlier part of this book that life consists of cells. No matter how complicated may be the organism that is built by the union of the cells, it is always an accumulation of such parts. The hardest bone is merely a mass of cells taking shape. The same is true of every organ, and of each detail of the body.

Every time the blood courses through the system it leaves countless millions of new cells that are employed in maintaining the repair and growth of the body. In the meanwhile the activities of life within the body have caused countless millions of old cells to spend themselves. The new become old in a short time. The result is that the blood soon finds itself confronted by dead cells in all directions.

*Rule 28.*—Every dead cell is as much a poison for its size, as is every dead carcass.

We bury our dead. If we did not, they would quickly become a menace to all life. From fields of unburied dead in times of war, there arise pestilence and foul diseases. Yet there are at this moment within your body more millions of dead carcasses to the cubic inch than your mind can conceive of; and they are accumulating all the time. Compared with their size, they give forth

the same stench, and the same degree of putrid dangers as those that are rising from the unburied dead on the battle-field. In the latter case, the dead are in the open where there is more freedom and more opportunity for escape; while the carcasses within the human body are confined in close places, and their toxins are more active.

*Rule 29.*—Dead tissue within the body is the first enemy of life.

By tissue is meant the masses of cells that are formed constantly in the process of living. When two or more cells unite, they are called tissue in animal life, and humanity is a part of the animal kingdom. It is necessary that new tissue be formed every minute of the day and night; and it cannot be formed unless the tissue that is already at hand shall break down to make way for it. This breaking down is the natural method by which life is carried on. If you could see your body, as with the all-embracing eye of some powerful instrument strong enough to detect so small a thing as a cell, you would behold every part of yourself dissolving, crumbling to small particles, melting from living tissue to dead cells; and this change would never cease nor even take a minute's rest; nor would any part of the body be exempt from it.

At the same time you would see new cells springing forth from the swift current of the blood and taking the places of those that were breaking down. But you would not see the dead cells passing out. They would be there awaiting means of getting away; and, for every minute they waited, a cloud of vapor would go forth from them, filled with what is called toxin or tissue-poison.

*Rule 30.*—Nature creates germs to destroy the dead.

If there are unburied bodies on the battle-field, they will become sources of rank poisoning; and thereupon nature will send special germs whose duty it is to eat up the rotting flesh. In some places, birds that are called vultures devour the flesh in a short time; but in most places there are no eaters except the germs known as bacteria.

The same rule holds true in disposing of the dead tissue in the human body. If it cannot be thrown off by the usual processes germs will come in and do the work. But germs, having started to destroy the dead tissue, will not stop there, but will involve the live tissue as well. This is the source of disease.

*Rule 31.*—Disease is the activity of special germs that are created to destroy dead tissue.

Death, therefore, is merely a change; and destruction comes after death. The man who dies and is buried is not dead except in a general sense; but he will sooner or later become dissolved when the parts of his body shall have been torn asunder, separated from each other, and scattered. Each cell is eaten up by some disease germ.

*Rule 32.*—For every kind of dead tissue there is a kind of disease germ that nature has created to destroy it.

New diseases are constantly being discovered in the human race. The same fact has astounded orchardists and gardeners; the old experts among them state that they can remember when there were not half as many fruit and flower pests and diseases as there are today. This increase is due to the discovery and development of many new varieties and more sensitive qualities which invite new enemies. Humanity is not confining itself to the simple foods that it once depended upon. The sea-scavengers, such as lobsters, crabs, terrapin, and the like, are but one example of the more general use of different foods from what was employed in the olden times; and dead tissue varies its character with the kind of food that is taken into the body.

**FOURTH LAW:—Proper habits of life will prevent the development of poisons within the body.**

*Rule 33.*—The first habit is that which selects true food for the diet.

*Rule 34.*—The second habit is that which limits the daily quantity of food to the actual needs of the body.

*Rule 35.*—The third habit is that which carries off the tissue as fast as it breaks down.

*Rule 36.*—As there can be left in the body no cause for the generating of poison, disease is impossible if the habits are correct.

No matter how much you may expose yourself to the dangers of contagion you will be wholly safe, wholly immune, and there is no power that can bring sickness to you under these circumstances.

**FIFTH LAW:—Every disease has two causes.**

*Rule 37.*—The first cause of disease, known as the basis, is the presence in the body of dead tissue, or cells that have broken down and become poisons.



*Rule 38.*—The second cause of disease is the attack made by special germs that are created to destroy and remove the dead tissue.

When these germs do not perform this duty there is great danger of paralysis; and infant paralysis has its origin right here. Other maladies arise in place of paralysis; such as nervous prostration which is a slow form of paralysis; or other nervous distempers. This means that if you fill your body with dead tissue, and avoid contact with disease through the germs that come to save you if possible, you are likely to suffer from something more horrible.

*Rule 39.*—Food that is foreign to the needs of the body is the second enemy of life.

Some day, when civilization has risen one notch higher in intelligence, humanity will cease eating things that are not useful in building the body. There are fourteen things needed, not fifteen; yet people eat scores of things that can never become blood. On what principle a man will eat oxalic acid, when the blood rebels against it, is not known except that this is not an era of intelligent civilization. The same criticism applies to many other things that cause misery and suffering, and still are eaten.

**SIXTH LAW:—Things that are wholesome in one form may become violent poisons in another form.**

People often wonder why one kind of food will hurt them when it is composed of the very best things that nature offers for human food. The answer to the query is found in the basic law that is taught in philosophy, which points out the process whereby all elements were derived from a single form of matter; that what is poison such as arsenic, lead, prussic acid, carbolic acid, and all else, are merely combinations of the same simple and innocent first atom. So elements were made.

But elements, by special arrangement of their proportions, change from good foods to instant poisons. Oxygen is the most needed of all the elements. Carbon is the first great food. The two together are very helpful, unless they unite in the proportion of one-third carbon and two-thirds oxygen, in a chemical sense. They then become humanity's most bitter and relentless foe. This combination is known to chemists as carbon dioxid; and its popular name is carbonic acid gas. It slays its thousands every

year, not only in the ordinary activities of life, but in mines, and other places.

One breath of this violent poison kills. There is no warning, no chance for escape, no cure; the work is done in a second. It appears in many forms. Take as one example the case of two young civil engineers in the city of Washington. They desired to make measurements in a sewer, and, having procured a short ladder, one descended a few steps into the presence of this carbonic gas, and fell dead in the instant. His companion stepped down to save him, and he also fell dead. A third man was about to attempt the rescue of the others when a policeman prevented him and saved him from the same death.

With what eyes of wonderment chemists have looked at the two most valuable parts of human food, oxygen and carbon, and beheld their lurking dangers as they combine in this deadly manner, yet see their benefits to life in other combinations! The same law holds true in countless things that are useful to the health: their usefulness changing to danger when united in different ways.

**SEVENTH LAW:—Foods that do not digest together generate a deadly poison in the body.**

This is the fatal carbon dioxid that we have just referred to.

*Rule 40.*—Carbon poison is the third enemy of life.

*Rule 41.*—While foods that are not salivated at the mouth set up poisoning in the stomach, the greater danger comes from foods that do not digest together after they reach the stomach.

This is undoubtedly the most important of all the rules that have thus far been given in this work. It is, of course, true that the accumulation of dead cells all through the body must of necessity invite some form of disease, and there is generally more opportunity for escape from a fatal termination of an attack. On the other hand, when poison is generated in the stomach, it brings a pressure of the heart that instantly stops its action, snuffing out in a few minutes lives that are wholly free from disease. Three strong, healthy men in one family died in one year from eating meals that contained food that could only be digested at different periods of time, thereby setting up this deadly poison. These attacks come by thousands. In a town of small population we know of eighteen such deaths in three years. Doctors call it acute indigestion. Many escape by a close call.

*Rule 42.*—Every food has its digestive time.

*Rule 43.*—The stomach will not begin to act upon a class of food until it has completed the digestion of the class that precedes it in point of digestive time.

This seems like a complicated rule as it is first read, but the meaning is clear. Take for example a meal in which there are rice and chicken. Distress either blind or acute will follow; and, whether felt or not in a direct way, great nervousness and flatulence attend the stomach and organs for hours. Yet if the meal consisted wholly of chicken it would have been digested without trouble; or, if it consisted wholly of rice, the result would have been the same.

While we do not advise it, except as an experiment, a man could sit down to a chicken dinner and eat nothing but chicken, well cooked and seasoned, and never feel distress from it, provided his system were in good condition at the time. Such an experiment has been made quite often.

Under the SEVENTH LAW, the eating of both rice and chicken at the same meal will result in the formation of poison in the stomach. Let us see why. In the first place they do not digest together. Under Rule 43, it is stated that the stomach will not begin to act on one class of food while another is being digested; it will complete one class first. This fact is one of the most important in the whole study of health. It was never known until recently.

It has always been taught that some foods digest easier and more quickly than others; but it was supposed that foods of slow digestion were carried along with foods of quick digestion, both side by side and were acted upon together, the slow class coming out of the stomach at a later period of time. Since surgery and other tests have brought the facts to light, exactly as they exist, it is now known that the gastric juice will act only on the class of food that is most easily digested, and the other class will be compelled to wait. While waiting the danger occurs.

*Rule 44.*—Foods that remain in the stomach when not acted upon by the gastric juice, quickly generate poison.

Such foods are said to stagnate. They take on this dangerous condition when there is no gastric juice in the stomach, as when the mouth does not salivate food or the palate is not pleased; and this stagnation will occur even when the food is all of one class.



But, assuming that the food is salivated and the palate pleased, the more serious danger arises when two different classes of food are allowed to enter the stomach at the same meal. We have taken the simple case of rice and chicken; although there are hundreds of others that teach the same lesson. Some years ago a man asked us why he always had distress after eating rice with chicken when rice alone, or chicken without rice, never hurt him. The answer was plain. The rice was acted on by the stomach in less than an hour, while the chicken had to wait in the stomach until the rice had passed out. But the stomach carries on quick decay when its contents are not being acted on by the gastric juice. It was like eating chicken that had spoiled before it was swallowed.

Food rots in the stomach.

The only prevention of rotting is digestion; and if digestion is held up there is no other course than to rot; and this means the formation of the deadly carbon poison.

**EIGHTH LAW:—All foods belong to some digestive time class.**

*Rule 45.*—The shortest time in which foods may be digested is known as the FIVE MINUTE PERIOD; and the following foods, or their equivalent, are included in the

#### FIVE MINUTE CLASS

1. White of raw egg.
2. Yolk of raw egg.
3. Beef juice.
4. Clear soup, or bouillon.
5. Butter.
6. Sugar.
7. Honey free from comb.
8. Olive oil if strictly pure.

The great advantage of the foods of the FIVE MINUTE CLASS is in the fact that they may be combined with the foods of almost any other class; for they digest so easily that they do not delay materially the action of the stomach on the foods that require more time. They are out of the way before ferment can be started among the others; whereas, in the case of foods of the

longer periods, time enough elapses to set up the poison that destroys the health.

*Rule 46.*—The second time class of foods is known as those of the ONE HOUR PERIOD; and the following foods are included therein. Owing to their great number, and to assist in finding them, they are presented in alphabetical order.

### ONE HOUR CLASS

All the following foods are digested in ONE HOUR or less:

1. Almonds, roasted, and ground into fine meal.
2. Apples, sweet or mild, when perfectly ripe and mellow.
3. Arrowroot well cooked.
4. Asparagus, avoiding the fibrous parts.
5. Barley, well cooked; only the pearl barley is good.
6. Beef; if lean and cooked rare.
7. Beets, if new and tender. Avoid all vegetable fibers.
8. Bread, when not new. The whiter the flour the less value it has.
9. Buttermilk; it digests in twenty minutes or less. It is the best medical food in the world, as it makes new blood quickly and repairs diseased organs.
10. Buttered toast, if buttered just at time of eating.
11. Cake, when old and plain.
12. Celery, either raw or cooked.
13. Cherries, when perfectly ripe, mellow and sweet.
14. Chestnuts, boiled and eaten hot. Cut the shells before boiling.
15. Chicken broth.
16. Chocolate, if absolutely pure, which is rare.
17. Cocoa, if pure.
18. Corn; green corn is meant; but it must be thoroughly chewed.
19. Corn meal; if cooked three hours or more.
20. Corn starch.
21. Crackers of the bready kind; not crisp crackers.
22. Cream.
23. Cream cheese, when home-made by the rule that follows.
24. Dates. Sterilize them by steaming twenty minutes.
25. Double-bake bread; bread sliced, and baked in oven again.
26. Egg yolks; cooked yolks only, either hard or soft.
27. Figs. Sterilize them by steaming twenty minutes.

28. Flour from whole wheat, with bran removed.
29. Hominy; if cooked three hours.
30. Junket; generally twenty minutes or less.
31. Lamb; if young and not cooked hard.
32. Lettuce.
33. Maple sugar and syrup.
34. Macaroni.
35. Milk toast.
36. Milk; condensed, raw, or cooked; the raw being the best.
37. Moss; Iceland, Irish, or sea moss.
38. Old bread, white or whole wheat.
39. Olives.
40. Onions, if boiled.
41. Oysters; raw, or stewed; not fried.
42. Peas; if green, young and tender.
43. Prunes; if well cooked.
44. Potatoes; white; if baked and mealy.
45. Potatoes; white; boiled and mealy.
46. Potatoes; mashed; if made from mealy boiled white kind.
47. Raisins, raw or cooked.
48. Natural rice if cooked so as to be light and feathery. White rice is not half as nutritive as "natural rice."
49. Sago.
50. Spinach in milk or cream.
51. Squash.
52. Tapioca. Avoid pearl tapioca.
53. Vermicelli.

Here are fifty-three different articles or kinds of food that are digested completely by the stomach in one hour or less. Slight variations will change the time of digestibility; as, for instance, if apples are not so mellow that they naturally burst their tiny fruit-cells, they require several hours to be digested, and but a small part of the apple can then be fully acted on by the stomach.

In the case of beets, age makes a great difference, for the fibre in the beet becomes tough.

There is no form of barley now that is useful as food, unless the broth made in Scotland be taken as an example, except what is called pearl barley. That is the starch center of the barley berry, and is very easily digested, and is nutritious, although an unbalanced food like white-bread.



Beef becomes harder to digest in proportion as it is cooked. It is at its best as food when merely heated through by a very hot fire. The outer edge may require four or five hours to digest while the interior will digest in much less than an hour.

Buttermilk is usually digested in less than twenty minutes.

Chocolate is not obtained in a pure state. One test of impurity is to place it in a closed drawer for a day or two; then open the drawer slightly and notice the odor; if it is a bit disagreeable, bitter, or peculiar, the chocolate is "made," and is not natural. Some kinds are built of earth, some of ochre colored with black walnut juice which is a poison, and some of anything that will pass as a close imitation when sweetened. Three hundred samples were sent to us from as many different places and all were rank adulterations. Cocoa is likewise imitated, but not to the extent of chocolate.

Cake can be made in a way that it can be eaten in the place of bread, and be as safe and wholesome.

Dates, figs and raisins possess, pound for pound, twenty times as much meat value as beef or other flesh. In countries where dates, figs and raisins are eaten freely, no meat is desired or required, and there was never a case of appendicitis or stomach trouble; and rheumatism is wholly unknown.

Old bread made from white flour is digested in less than an hour; but new bread requires more time, as it generates carbon poison, and is in fact raised by carbon gas from yeast or baking powder.

Junket is useful only for a very delicate stomach, as is moss; both being easily absorbed in a very short time and yielding but slight food value.

Potatoes that are soggy are hurtful; they should be cooked in a way that will keep them mealy and light. Green skin potatoes are a poison.

Pearl tapioca is made from waxy and old potatoes, and is merely an imitation of tapioca.

More will be said upon food values as we progress.

### HOME-MADE CREAM CHEESE

*Rule for Making.*—We give at this place the rule for making this so-called cheese, as it is important not to separate it from

the time class to which it belongs. \* \* \* ONE QUART OF RICH MILK is left to sour until it forms a whey, and reaches the stage where a portion of it is watery. Put the whey into a pitcher, and set it in a pan of very hot water, and keep on the stove for two hours; the water in the pan being kept as near the boiling point as possible, but not allowed to boil. Boiling, even for a minute, will spoil it. At the end of two hours, place the mass in cheese cloth and drain all water out. Hang it up in a cold place for several hours until thoroughly dry. Remove to a dish, sprinkle salt over the cheese, and toss it about in the dish to mix the salt through it, but do not beat it. If too dry add enough cream to make it the consistency of butter. But it is not good when wet. It should be made light and yet kept solid. Add more salt when using at the table, if desired. If the milk is not rich, add a little cream in the beginning.

#### Advantages of CREAM CHEESE.

1. It can be used as butter at the cost of only a few cents a pound, and is free from the dangers of butter. The latter is churned from cream, taken from milk, and is never any purer or cleaner than the milk it comes from. Butter carries with it all the germs and disease conditions that are found in milk.

2. Home-made CREAM CHEESE is sterilized for two hours at a heat that kills all possible dangers in the milk, and not great enough to kill the lactic cells that are the most powerful enemies of old age germs in the intestines and digestive system. The effort of scientific men to secure these lactic cells marks the beginning of a new era in longevity.

3. Home-made CREAM CHEESE is a complete food in itself. It can be eaten in any quantity. It is more palatable than butter, and contains but little fat, while butter is almost nothing but fat.

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#### A FEW CAUTIONS ABOUT THE USE OF ONE HOUR FOODS.

1. While these many foods will digest in one hour or less, it is not true that they will mix well under all conditions.

2. It is a safe general rule that juicy fruits will not mix with any other foods, except milk. Apples, cherries and olives should be eaten a full hour before any other thing enters the stomach;

but baked sweet apples, if very ripe and mellow before they are baked, blend well with milk, and for persons of sedentary habits this combination makes an ideal breakfast every alternate morning. All other juicy fruits should be eaten a full hour before any meal.

3. The food-fruits, like dates, figs and raisins, mix well with all the one hour foods, excepting, in some instances, meats and vegetables.

4. Meats and green vegetables go well together; and this combination is to be preferred. Vegetables and the regular foods, like bread and cereals, do not blend perfectly. Milk goes with everything except meat.

5. Any person suffering from congestion of the stomach or digestive organs will not easily digest milk. Old people, for this reason, believe that milk hurts them; but, as soon as the congestion is removed, the conditions favor the use of milk.

6. The best combinations of the ONE HOUR FOODS are as follows:

Any product of any cereal with any other product of any cereal, as bread, corn meal, hominy, macaroni, pearl barley, arrowroot, coarse tapioca, corn starch, almonds, chestnuts, potatoes, and all starchy foods in the one hour class.

Dates, figs and raisins are best when eaten with any of the foregoing cereal foods, except potatoes.

Asparagus, beets, celery, lettuce, spinach, squash and onions are best when eaten at the same meal with soups, broths and meats; excluding all other foods at the same meal. In summer time, if you wish to keep the blood cool, you may make a meal once a week of the foregoing vegetables alone, omitting the meats. This has been done frequently with great success. As it is an unbalanced diet, it should not be used often, as neuralgia will follow. But cream cheese or meat will give the proper balance for the vegetables.

Eggs, milk and cream cheese go together, with any of the products of the cereals and starchy foods. This combination furnishes the greatest power to the human body, including brain, nerves and muscles; but would be too heavy for sedentary persons.

It is possible for any person to make graded combinations of the ONE HOUR foods, to suit each individual requirement. Do not try them all, if they do not agree with you. Remember that your stomach is more or less congested, and that some things will



not agree with you until you are perfectly well. Study your needs, watch effects, and use intelligence in your food selection.

CAUTION as to FRUITS.—Remember that the best of apples, oranges, bananas and other juice fruits will generally increase the inflammation of a congested system, and set up uric acid poisons in the body. To a person in good health, these fruits would prove a blessing; but they cannot be assimilated by a congested system. NEURALGIA is the first indication that fruits are setting up dangerous conditions. Then RHEUMATISM may follow. HEADACHES can often be traced to the eating of fruits. Study these things constantly. Find out what hurts you and what helps you. Do not forget that the best things become poisons when the stomach is congested. Read carefully the article on CONGESTION in this book. It is the most valuable part of the present work.

*Rule 47.*—The next class of foods are called those of the TWO HOUR PERIOD; and the following are included therein:

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#### TWO HOUR CLASS

1. Artichoke.
2. Beans, when green and tender.
3. Buckwheat.
4. Bread that is new.
5. Capon.
6. Chicken.
7. Carrots.
8. Codfish.
9. Carp.
10. Cream cheese; meaning the factory kind.
11. Graham-flour bread.
12. Haddock.
13. Halibut.
14. Herring, fresh.
15. Lentils.
16. Mackerel, fresh.
17. Nuts; including herein only filberts, pistachio, pignolia and hazel-nuts.
18. Oatmeal.
19. Oat groats.

20. Oysters, fancy roast.
21. Pancakes.
22. Parsnips.
23. Pigeon, young.
24. Potatoes, not too new; meaning young white potatoes.
25. Rye.
26. Smelt.
27. Sole.
28. Salsify.
29. Tomatoes.
30. Trout.
31. Turbot.
32. Turkey.
33. Veal.

Here are thirty-three different foods that are digested in two hours. They belong to the TWO HOUR PERIOD. Not all of them are perfect food; but, being in use, we have included them, as some people can eat all kinds without harm.

Those people who suffer from rheumatism must let tomatoes alone, as oxalic acid is very abundant in them and quickly sets up this painful disease; as will also pieplant, or rhubarb, any fruit that is acid, cranberries, pickles, vinegar, and similar articles.

In the use of fish it is important that it be fresh, and perfectly so, for the least taint is likely to set up ptomain poisoning which comes so quickly and with such deadly effect that there is no time to fight for life. Thousands die every year of this poisoning, and chiefly from eating fish, sea food, or meats that are not in the best condition. Veal is also a problem; if taken from very young calves it is never good food; and if not kept fresh it very speedily becomes a poison.

Oysters when raw and clean are good food for some persons; but cooking them changes their value, especially if they are cooked enough to coagulate them. When fried they are very hard to digest and set up trouble.

HOME MADE JELLIES, canned fruits and dried fruits belong to the two hour class unless they are products of fruit that was not fully ripe when put up, in which case they are not good to eat as food. All fruit, however, even if good, must be used subject to the CAUTION given under the ONE HOUR CLASS of foods in this section.

*Rule 48.*—Foods that require THREE HOURS TO DIGEST are referred to as belonging to the THREE HOUR PERIOD. The following are included:

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### THREE HOUR CLASS

1. Beef, crisp lean, and all fat.
2. Beets, if old.
3. Cauliflower.
4. Cabbage.
5. Corn, canned.
6. Flounder.
7. Ham, boiled.
8. Herring, salted or smoked.
9. Liver.
10. Lobster.
11. Mutton.
12. Nuts; but including only pecans and hickory nuts.
13. Oyster plant.
14. Peas, dried, or split.
15. Potatoes, sweet, and yams; not white potatoes.
16. Salmon.
17. Spinach.
18. Venison.

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Here are eighteen articles of food that belong to the THREE HOUR PERIOD. Some of them are not suitable to the best health, and all of them require a patient and strong stomach to digest them. They do not build new body tissue very fast, and it is supposed that they tax the vitality in the effort to digest them. On the other hand, they serve to give staying power to a person who is to work hard and long and who wishes to have food in his stomach as long as possible.

If you take junket, it digests so quickly and easily that it has no staying power; and in about half an hour you will be very hungry again. If you eat foods of the *three hour period*, you will not suffer from a long absence of food from the stomach, and this will be an advantage to a strong person who has hard work to do.



*Rule 49.*—Foods that require FOUR HOURS TO DIGEST are referred to as belonging to the FOUR HOUR PERIOD. They include the following familiar articles of diet:

#### FOUR HOUR CLASS

1. Bacon.
2. Brown bread.
3. Beans that are old, including baked beans.
4. Crabs.
5. Ducks.
6. Doughnuts; also crullers and fried pies and fritters.
7. Lard.
8. Meats, cooked hard; also re-cooked meats; also pork.
9. Oysters, fried.
10. Onions, fried.
11. Peanuts and English walnuts.
12. Potatoes, fried hard, but not chips.
13. Turnips, and old or woody vegetables.

The four hour class looks formidable, and it is a terror to many stomachs. It slays its thousands every year, or rather every week, which is nearer the truth. Still there are some people who can keep fairly well for some years and eat these things.

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*Rule 50.*—Foods that require FIVE HOURS to digest are referred to as belonging to the FIVE HOUR PERIOD. They include the following well known articles:

#### FIVE HOUR CLASS

1. Barley bread and whole barley.
2. Cheese; meaning the ordinary American and foreign kinds.
3. Clams.
4. Eggs, fried.
5. Ham, fried.
6. Nuts that are very oily.
7. Pork, cooked crisp.
8. Goose.
9. Saratoga chips; or thin fried potatoes, if crisp.
10. Pastry, piecrust and patties.
11. Shrimps.

12. Suet.
13. Mincemeat.
14. Fruit puddings and fruit cakes.
15. Rich sauces, dressings and gravies.

NUTS: CAUTION: For chestnuts and almonds, see the ONE HOUR CLASS. Other NUTS are mentioned in the other classes. Peanuts and peanut butter, although having some food value, cause congestion of the stomach and hurt the liver. The oily nuts, like black walnuts, cream nuts, Brazil nuts, etc., are unfit for food, although having value in case of starvation.

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*Rule 51.*—Foods, or so-called foods, and other things that are eaten, that pass through the system unchanged by the process of digestion, are referred to as belonging to the NEVER PERIOD, and they include the following among many others:

#### THE NEVER CLASS

1. Apples, when not mellowed by nature; either raw or cooked.
2. Bran, whether in graham flour or otherwise.
3. Cranberries in any form.
4. Catsup.
5. Cocoanut, raw or cooked.
6. Cucumbers, radishes and the like.
7. Currants, dried.
8. Crisp parts of meat, pastry and potatoes where nothing is left but the crisp portion.
9. Gelatine.
10. Hulls, as the outer layers of cereals.
11. Peppers, also black pepper and red pepper.
12. Pickles, and all pickled goods.
13. Radishes.
14. Rind of lemon.
15. Rind of orange.
16. Spices of all kinds.
17. Tendons, muscles and cartilage that are ground fine in sausages.
18. Unripe parts of fruit.
19. Various ingredients that are included in French and other foreign cooking.

The members of the "NEVER CLASS" may go through the body and do no direct harm at times, depending on the conditions met with. If there is vitality present, and no serious amount of taint, cucumbers, radishes, pickles, and similar indigestible articles may merely force their way through and bring no danger; but the same person on some other day with slightly different conditions of the body, may be killed by any one of these things. Radishes have slain many strong, healthy men and women; yet ordinarily they are safe, but never useful as food.

Apples, when each fruit cell within is not ripened and burst open by natural mellowing, bring rheumatism, neuralgia, indigestion and other distempers to the body; yet, on the other hand, when nature has burst the tiny fruit cells and released the juices, apples are the most advantageous of all the distilled fruits in nature. Cooking will not aid nature in opening the cells; the ripening process must take place itself.

Bran is the outer hull of wheat. It is often ground into what is called graham flour; and its sharpness and indigestibility killed the man who invented it, and after whom it was named. There is always good lurking between two extremes. Whole wheat flour without the bran is the one greatest food in the world; yet, with the bran it is dangerous. For this reason all persons should avoid breakfast foods, as they are made from mill sweepings of bran and other coarse stuff ground fine, but still as sharp as needle points against the stomach and intestines. Fine grinding makes them sharper and more dangerous.

Cranberries themselves are wholly indigestible; but they have some value because of the sugar that is cooked with them; still they set up rheumatic conditions in the blood, like any sour fruit.

Catsup, relishes, chowchow, spices, and the long train of unnatural things that are used to stimulate a false appetite in a morbid stomach, are useless from every standpoint, and sometimes lead quickly on to appendicitis, as they inflame the intestines and destroy its membrane. The stomach when healthy is a healthy animal; and no healthy animal will eat these strange things that human ingenuity, working in a bad cause, has concocted.

Currants, if made from small grapes, would be very useful; but those that are known as the Corinth berry, and that come from that locality, after being dried and sweetened, or in their natural state, are poisons, and pass through the human body unchanged.



They lack value, and are also a source of danger. On the other hand, raisins that come from grapes, such as are used everywhere, are very valuable. Dried currants do much harm to the stomach, while raisins do much good. You can find many black varieties of berries on plants, even in this country, which could be made into currants; and would pass for the usual dried currants; but, being poisonous on the plants before they are picked, they are equally poisonous after they are made into dried currants.

Gelatine formerly had food value, although but slight. Today the glue-made gelatine will not mix with the gastric juice of the stomach, and it often remains for a day or more in that organ.

Orange and lemon rind enter largely into modern cooking; but they are useless and dangerous. They save money, but increase the doctor's bill.

Sausages are made from everything that cannot be served or sold in any other way. Being ground fine, they look all right; and, being nicely flavored, they taste wonderfully good; but it is the after reckoning that must furnish food for reflection. If you will take a few pounds of sawdust, fry it to a crisp in the pan, season it well, and eat it with sugar and milk, or with cream, you will pronounce the food-imitation a success if you do not know from what it is made. You can take straw, corn stalks, and dried splinters, make them crisp by proper cooking, and sell them for a new breakfast food, costing you about a cent a hundred boxes, outside of the labor, and selling for ten dollars a hundred boxes, and you will have in your grasp a modern form of enterprise that out-sellers Sellers, for there's millions in it.

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*Rule 52.*—Adulterations constitute the fourth enemy of life.

These might be said to come under Rule 39 which says that food that is foreign to the body is the second enemy; but there is a difference between foreign food and adulterated food. The body requires fourteen different kinds of elements, and these are all found in a single food such as whole wheat flour with the bran removed, or eggs, or milk, or beef that has been lightly cooked, any one of which will maintain life indefinitely. The fourteen needs are also found in combinations of two or more kinds of food; while, in some cases, it may be necessary for a person to eat several kinds in order to secure nutrition for the body. The whole

object of eating is to furnish the system with these fourteen needed elements.

If only thirteen are eaten, sickness will follow.

If fifteen are eaten, then the extra element is foreign to the body, and must be driven off and out at the expense of loss of vitality and often of health. Now, as a matter of fact, people eat many more than the needed fourteen elements; for they do not know what is food and what is not food, except in the simplest forms. For this very reason, this book is a necessity in every house at the present day, as will be seen.

In addition to the foreign material present in badly selected foods, the manufactures of preparations called foods, add imitations that are actual poisons. On the one hand we see that dried currants which are eaten as food, contain material that is foreign to the body. We also find in tomatoes a large proportion of oxalic acid which is foreign to the body. These are but two samples of foods that contain matter that the system is compelled to throw off in order to free itself from danger. Coffee and tea both contain such extra matter. Now all these things can remain pure and yet do harm because they contain foreign elements. But when tea and coffee are adulterated, the dangers increase.

Chocolate is the worst adulterated article on the market today. It is almost impossible to obtain it in a pure state, although those who make it and those who sell it, are ready to swear it is pure.

Next to chocolate comes baking powder; this alone is the cause of more organic disease than any other thing, for all people make bread and cake from baking powder. The claims of purity are strong, but the facts belie these claims.

Candies are adulterated from the simple white kinds to the more elaborate sorts; the sugar from which they are made is not pure; and "mineral sugar," called saccharine, is added to white clay to give the needed sweetness. A little of this "mineral sugar" will not do harm, and is useful in case of diabetes; but its continued use, and presence in large quantities, as in most candies and syrups, soon weakens the body, for it is foreign to human life and cannot enter into the making of tissue. Coloring matter is also present in candies and fruit syrups, in many poisonous forms.

Fruit syrups, fruit juices, soda-fountain drinks, canned goods, and preserves of all kinds, are adulterated today to an extent that makes them distinct dangers of a most grave character. They

should be avoided. The same is true of most ice creams; but not all.

White flour besides being chemically "bleached" is given weight by the addition of finely powdered white earth in which alum is liberally distributed to make it bake readily. This is the most serious menace of the present day, as bread is the staff of life, so-called.

Drugs and medicines are so much adulterated that they have lost their efficiency to a great extent, which may be a blessing in disguise. Beers contain, as shown by actual analysis, as many as 123 adulterants, culminating in arsenic and other violent poisons that kill slowly. Kidney diseases are sure to follow. Out of over two thousand deaths from Bright's disease, where the malady came on without warning and was at the incurable stage when discovered, all but three were directly due to beer and liquor drinking; and in the three cases the victims were users of canned goods to a large extent. Wines and liquors today are hopelessly adulterated; and yet those who offer them for sale are ready to make any kind of oath that they are strictly pure. Cigarettes, and even the wrappers or papers in which they are made, and which can be bought separately, are treated to a habit-forming drug that makes a slave of the user; some of the worst "fiends" having been started in their downward course by this snare.

The eternal desire to make money by weakening and ruining the human race is so dominant today that there seems to be little chance of saving the next generation. Legislation is not easily secured; prosecutions are not pushed with sincerity; juries are the weakest part of the whole American system; and punishment rarely follows. For every criminal who is checked in this deluge of murder, a hundred others rise to take his place. The acquittal of the beef trust shows how little can be expected from American juries.

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*Rule 53.*—Preservatives constitute the fifth enemy of life.

In addition to the floods of adulterations that enter into almost everything that is intended for the human stomach, there are scores of different kinds of chemicals that are added to meats, foods, drinks, and other things, in order to keep them from decay, in the first instance; and in order to make decayed goods salable in the second instance.



Thus if rotten tomatoes are to be canned, or put into catsup, they are sweetened by benzoate of soda. This chemical is not a dangerous poison; but its continued use breaks down tissue in the body.

*Rule 54.*—Whatever will destroy the germs of decay in food, will destroy the life-making cells in the human body.

By tests made by the United States Government in order to please adulterators and preservative-users, it was found that benzoate of soda will not kill a man, nor will it make him sick, unless used in too great proportion; but it will stop the formation of life-building tissue, without which he cannot build a vigorous body, nor repair the waste and loss that occur in daily life.

A preservative is a chemical poison, having a slow and steady power to check growth of decay in foods, and likewise to check growth of tissue in the body; for tissue grows on the same principle that decay thrives; both having the same original cell as the basis of development.

All meats are embalmed; all canned goods are subjected to similar treatment; most package goods are likewise "saved;" and there is a never-ending flow of foreign material into the things that humanity must eat. If you could go into any fruit-canning establishment and witness what is going on, you could never again eat such fruits. Women who work in tomato canning factories are always cured for life from eating canned tomatoes. In factories where corn, beans and other things are canned, there is the sickening stench of partly rotten foods; and these foods would be rejected were it not for the fact that benzoate of soda is used to cover up the decay. In the absence of that chemical, the goods would "speak for themselves," and the factories would be compelled to use only fresh foods, or to better look after those in hand.

In summing up this section of the present book, we will review

#### THE FIVE ENEMIES OF HUMAN LIFE

1. Dead Tissue within the Body. (Rule 29.)
  2. Food that is Foreign to the Body. (Rule 39.)
  3. Carbon Poison from Indigestion. (Rule 40.)
  4. Adulterations. (Rule 52.)
  5. Preservatives. (Rule 53.)
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*Rule 55.*—If the Five Enemies of Life are kept from doing harm, no sickness, malady, disease, contagion or infection can possibly come to the human body.

This is the greatest rule of all.

It carries in itself the complete emancipation from suffering and premature death that men and women have striven for since first the world began. It is only today that the facts are fully known, and the remedy is not difficult. Nature intended that there should be no sickness in the human race. To show you how near you stand to perfect health, we will take a brief glance at the proposed remedies. The last is the least difficult.

Preservatives can be avoided by taking the food fresh from the virgin soil and keeping full knowledge of it in all its processes from the earth to the table. This is much easier than it would seem at first thought.

Adulterations may be avoided in the same way, and in refusing to use any goods that have been within the danger zone of adulteration.

Carbon Poisoning from Indigestion is overcome by selecting at each meal such foods as belong to the same digestive class. This is not only easy, but is a pleasant and highly appreciated departure from the haphazard methods of the present day. People who are practicing food selection at their meals are so enthusiastic about it that they preach it by their example to others, as it is the "newest truth" of this age.

Food that is Foreign to the Body is got rid of by the exercise of the first principle of common sense.

The most difficult of all the steps to be taken, is that which throws off the dead tissue that is constantly forming within the body. Yet it is not a really hard thing to do. The very act of living must be attended by dying tissue, or the death of life-cells; for every thought, every beating of the heart, every flow of blood in the veins, every nervous function, every act of existence, gets its power from that process known as CHANCE in the body, just as the breaking down of the structure of coal or wood makes the engine move, or the electric current fly over the wires. You cannot get something from nothing. Life is had at the expense of living tissue in bone, muscle, nerve and flesh. Such tissue must die, or rather break up its structure; and its place must be filled by new tissue which is being made every day.



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## FIFTH SECTION

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# FACTS ABOUT FOOD

**A**LL THE LAWS AND RULES set forth in this book are the result of vast numbers of experiments and tests made under all conditions and for all classes of people and all states of health. They keep on proving their reliability the more they are tried, and they do not at any time show error or inaccuracy. They are the only complete sets of rules and laws of health that can be found today that furnish a safe guide to follow.

Do not allow yourself to be caught by the theory of some so-called "expert;" especially a physician who calls himself an "expert on foods;" for there are no medical food experts living today whose teachings are an all-round guide to the public. They have their fads, and push them at any cost to violent extremes. The Ralston Health Club has no fads, and is world-wide in its influence for doing good. It seeks the plain facts, and the living truths; nothing else.

Learn to exercise your good native common sense.

Some people believe one thing today, and tomorrow they are completely turned around, as some other belief has captured them. Such people must either develop a mental backbone, or else stop reading and listening; they are straws that are blown about by every gust no matter how slight. They swallow all they hear and read, and can be made to believe that the sun sets in the east or rises in the west.

Do not join the ranks of "easy believers" in every notion that you read or hear.

Some doctors seek popularity by telling their patients to eat what they want, when they want, and as much as they want.



That kind of advice pleases the patients, and so the doctors gain the good opinion of their patrons.

That kind of advice increases sickness, and so adds a new source of income to the doctors.

"What's the use?" asks a well-known physician. "I have been trying to tell my patients that all diseases have their beginnings in wrong habits of eating, and I am not so popular as I would be if I told them to eat what they like. In any event they *will* eat what they like, so what's the use of telling them the truth?"

In a great medical convention recently held in this country, the question was put, What proportion of the people are free from stomach trouble? The medical men knew what they were talking about because they came from the midst of their own patients from all over the land; and it was the final opinion that ninety-five men and women in every hundred were victims of errors in eating; or, in other words, in the United States alone, there are nearly ninety-five million sufferers from stomach troubles.

Yet medical "experts" tell the people to eat what they want, as much as they want, and when they want it, regardless of every rule of life and law of common sense.

The true physicians do not give this vicious advice.

**YOUR family physician is honest.**

He will tell you that all sickness, all maladies, all diseases, begin in wrong food selection, or in wrong methods of eating; no matter what direct cause may spring the trap. The house that is rotted in its foundations may not topple over until the wind strikes it, or the rains undermine it, or its own weight crushes it; but the first cause is in the house itself. Had such first cause not existed, the outside agencies could not have wrecked it. So the human body is a temple, the material of which may be sound or unsound; if sound, no disease can harm it; if unsound, it becomes prey to every approaching danger, and the enemy that first seizes it generally controls its condition.

In the last ten years doctors have increased, diseases have increased, surgeons have increased, operations have increased,—all, all ten times faster than the population has increased. During this period, the people have been more and more reckless in their habits of eating; and every honest doctor who is not afraid to speak the truth states frankly that the fearful increase in sickness is due to the errors of eating.

The human body cannot be anything else than what it eats.

When you build a house, you put certain material in it; and the house is the result of what enters into its construction. You cannot build of mud-blocks and expect a marble mansion. The same fact is true of the human body: it is the result of the material that enters into its construction. Exactly what goes in at the stomach comes forth in the character of the flesh and bones.

*Rule 56.*—The person who is swayed by the reckless statements of self-styled experts on food will always be at sea in a rudderless boat.

If you have faith in the rules and laws of this book, cling to them against the wild contradictions of doctors who seek fame and money by their sensational claims and opinions. A great doctor recently said: "Eat a heavy meal just before going to bed every night." The next day another great doctor said, "If you eat a heavy meal just before going to bed at night, you will have sallow faces, dead eyes, and great hollows under them." These are examples of the way doctors talk before the public.

You should sail in a boat that has a destination, that is controlled in its direction by a rudder, and that proceeds on its course in a way that commands the confidence of those who are aboard. For this reason, you should accept the rules and laws of this book against all other opinions. Our whole work for a lifetime has been devoted to this ONE CAUSE, to know the facts on this ONE SUBJECT, and we have greater opportunity for ascertaining the full truth than any individual on earth. This statement is not made in a spirit of boasting; but with a desire to bring all thinking people into a realization of the danger of following sensational leaders in so important a matter as the health and life of the body.

The Second Life Enemy, as stated heretofore, refers to things that are called food, but that are not. In this place we will present a brief list of the more common:

#### SO-CALLED FOODS THAT ARE NOT FOODS

- 1 The foreign matter in all unripe fruits.
2. All forms of TEA. Tea at all times is a poison.
3. That part of COFFEE that is developed by too much boiling. The only safe part of coffee is that which is set free into the water in the first few minutes of boiling.
4. Rinds of lemons and oranges. All cook books include many things that make use of such rinds. They are dangerous poisons.

5. Bran, or the outer hull of wheat. Also the outer hull of rice, and other grains; the least hurtful being that of oats.

6. Chocolate and cocoa contain much foreign matter.

7. Tomatoes are not food. They also contain oxalic acid, a poison.

8. Pieplant, or rhubarb, and other weeds that are eaten.

9. Dried currants. They are poison berries, and not of the raisin class, which is always beneficial.

10. Pearl tapioca. The regular tapioca is good food; the pearl is bad.

11. Potatoes that have green skins. The sun has changed the character of the "greened" potato.

12. Potatoes that have grown waxy; they cease to be true food, as new chemical changes have been set up.

13. The outer layers of ripe beans and ripe peas.

14. Clams, lobsters, crabs, terrapin.

15. Peppers and pepper; spices, cinnamon, ginger, citron and other things used in cooking. Ginger and black pepper used sparingly are not hurtful, although non-food in fact.

16. Sweet potatoes and yams contain parts that are not food.

17. Cranberries. Gooseberries. Native currants. Tart apples.

18. Lard and crisp fats.

19. Graphite used in making hotel gravies.

20. Catsup. Chow chow. Pickles. Table sauces. Cucumbers.

21. Radishes. Strawberries. Vinegar.

22. Tendons and muscles in sausage.

23. Viscera or entrails, sweetbreads, kidneys, brains, hearts and hoofs, including hoof-made gelatin, and gelatin made from glue elements. These things appear in sausage form, and in gelatins; and should be avoided as the worst of enemies, for they contain the dead within the dead.

24. Corn-stalk juice, such as is found today in glucose, syrups, candies and very largely in fruit juices, canned fruits, and the like. This stalk juice destroys the kidneys in time.

25. Corn-stalks themselves. They are not food, but are found in many breakfast foods, and specialties, crisp or otherwise. Sawdust, by being disguised, is capable of being passed as a breakfast food.

26. Straw and coarse reeds, ground into breakfast foods and crisp cookery.



27. Clay, white earth, lime, and similar minerals that are employed in candy and bread making. Many people eat clay but it has no food value of any kind, and lowers the vitality.

28. Foreign ingredients that enter largely into fancy cooking. Nearly all French and Oriental cooking is poisonous.

29. Coconut is wholly indigestible.

The list given shows what efforts are made to achieve variety in eating regardless of the question of what value the things are that enter into so many dishes. Nature shows that she uses fourteen elements in making and sustaining the human body; that she will not accept fifteen or more; for which reason, all elements in excess of the fourteen are certain to be rejected by the body. The process of rejection and ejection causes loss of vitality, in addition to keeping out the desired class of foods that are needed. More than this, the foreign matter sets up a false standard of relish, so that the taste of a person is perverted and wholesome things are scoffed at. Compare these so-called foods with those of the better lists, and make your selection. At the same time, do not think that all the non-foods are poisons. Tomatoes, which contain the basis of rheumatism, may be eaten for years without causing this malady in a person who is not subject to such trouble. Gooseberries are the national fruit of England where rheumatism flourishes, and yet there are people there and in America who can eat gooseberries for a long time without getting the gout or rheumatism. Yet tomatoes, gooseberries, pieplant, tart apples, native currants, vinegar and similar things of the sour class cause nearly all the rheumatism in the world.

Under the Thirteenth Law it is stated that the enemies of life may be overcome by food selection. One class of enemies includes the non-foods of the list just given herein.

The two remaining classes are those that include adulterations and preservatives. These are so slyly put in things that you would be surprised to know how often you take these poisons in your system. Read again the accounts given under Rules 52 and 53 in the earlier part of this book. You could prove your good citizenship by personally holding your law-makers responsible for two achievements:

1. The discovery of adulterations and the use of preservatives in foods through legislative investigation. Insist that the law-makers who represent your district in your State and in Congress,

fight for a law that will maintain chemical analyses of all things you wish examined, and without cost to the public, so that you may know what is safe to eat.

2. The punishment by imprisonment of all persons who, through love of money, adulterate foods; and the punishment under the capital crimes law, of all persons who deliberately cause deaths by the use of poisons in food. One hundred thousand children died last year because food-makers sought to make money by adulterating the necessities of life.

See that your foods are constantly and honestly analyzed at public expense.

See that your criminals are punished severely enough to check this evil.

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## DRINKS

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The only natural drink is water.

The ideal drink furnished by nature is rain water that has fallen into sandy earth, and there been filtered. Rain water is the distillation of the ordinary waters on the earth. Only the pure parts are made into rain; just as man distills water, and then filters it through sand; but man-made distillation is not aerated, or mixed with enough air after being distilled; and the sand is not of sufficient bulk to give full balance of water. Yet man has it in his power to accomplish these imitations of nature.

On the other hand, the usual DRINKS of humanity are as follows:

1. Coffee.
2. Tea.
3. Chocolate.
4. Cocoa.
5. Bran Lemonade.
6. Malted Milk.
7. Buttermilk.

Any drinks that contain alcohol interfere with digestion and prevent the food from making tissue. This applies to beer, wine, cider and all liquors.

TEA is a direct poison. It is wholly foreign to the human body. It weakens every organ, and acts directly on the bladder, making it very difficult to retain the water there. Iced Tea, as the Chief

Chemist of the United States Government stated, is "slow suicide." Tea drinking undermines the brain forces, ruins the memory, causes loss of faculties long before age has come on, and makes a person desperately nervous, and subject to gloomy moods by night and day.

Malted Milk is merely a food of high value, made from condensed milk and barley malt. It can be made at home very easily from ingredients that are for sale at drug stores. Any malt form of milk is good.

COFFEE is not a food drink, but a pleasing stimulant, free from injury to persons whose hearts are strong, but dangerous to weak hearts. It contains a poison that is not brought into it until it has boiled for some minutes. To avoid this poison, the more experienced people made drip coffee by which the hot water drips through the ground berry. Then the percolating system is used as the next step between drip and boiled coffee. But where the coffee is allowed to boil for several minutes, the poison in it is set free and then the trouble begins. It stops digestion for an hour or more, adds to the danger of carbon poison, and does general harm to all the organs.

SOME WOMEN keep the coffee pot on the stove and add water to the grounds from time to time, drinking from this wicked brew, and their husbands' pay the doctors' bills.

SOME WOMEN are so ignorant that they even allow the teapot to stand on the stove all day long, adding water as needed, and sipping from the awful brew. If a million dollars were offered for a well woman who thus displayed this degree of ignorance unparalleled in modern times, they could not find one. Medicine bottles fill the back yard, and pill-boxes pile up in the house. In the first place, water that has been boiled for some time is a poison and the surest cause of old age. In the second place, tea and coffee are in themselves poisons, the only escape being in the quick cooking of coffee and the discarding of the grounds *at once*. In the third place, there are no saving merits to tea; it is bad first, last and always. Coffee is good in its early boiling only; after that it is one of the worst enemies of the health.

The other drinks have been discussed in the earlier pages of this book. Bran Lemonade is a brain-refresher and nerve-builder, and may be flavored by grape juice, currant juice, or peach juice, or blackberry juice, always to the advantage of the health and



blood. Buttermilk is a direct tissue-builder of the highest possible value. As all foods turn to liquid in the stomach, it does not matter whether they are solid or not when eaten.

WATER is the typical drink to relieve thirst, and there is nothing that will perform this duty so effectively as water. As it does not contain food for the stomach to act upon, it is not affected by the rules of eating. It used to be believed that water-drinking during a meal was bad; it is bad only when it takes the place of saliva, as when food is washed into the stomach by any liquid. This is so vicious a habit that it seems strange that it should still survive. It is perfectly proper and good for digestion to drink slowly between swallows, if the mouth is entirely empty. Drinking before a meal, and after a meal, is also helpful. The very best time is to drink freely before eating.

Water should be free from mineral matter, as this brings on the disease known as old age. Spring water is filtered rain water, and rain water is aerated distilled water. Here we find the ideal drinking water for health and long life.

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### FRUITS.

This class of foods is divided into two parts:

- 1.—Fruits that are foods, such as dates, figs, raisins and the like.
- 2.—Fruits that are drinks, such as those described on this page.

THE DRINK FRUITS, OR JUICE FRUITS.—These bear so strongly on the cure of the disease known as OLD AGE, that we will refer again to them. But in this connection, the Juice Fruits are cleansers of the system in advance of the morning meal. They are as follows:

1. Fully ripe and mellowed APPLES.
2. GRAPE FRUIT or SHATTUCK; using the juice only.
3. Fully ripe ORANGES.
4. Fully ripe CHERRIES.
5. GRAPES.
6. PEACHES, PLUMS, APRICOTS.
7. PEARS.
8. BLACKBERRIES.
9. RASPBERRIES.
10. MULBERRIES.
11. CANTALOUPE.

Grapes are the noblest of all the fruits, but the habit of swallowing the pulp and seeds is not a good one.

It has for generations been a familiar saying: "If you eat a ripe and mellow apple every morning on an empty stomach, you will never need the doctor." The principle is correct, but so many counter influences arise that the results are not always the same. Care in one respect and carelessness in all other respects will not bring health.

Pears act upon the kidneys. This is an advantage, if the pears are fully ripe. A flooding of the kidneys by fruit eating, especially of pears, may save many a case of Bright's disease.

Peaches carry iron to the blood, so do the blue grapes. This iron is organized in vegetable cells, and is therefore beneficial. Medicinal iron weakens the lungs and other tissue, as it is a metal. Making a whole meal of ripe peaches in season is a grand benefit, and will do good that lasts for a long time. People who eat great quantities of peaches during the weeks they are to be had fresh, bring advantages to the body that will endure for a whole year.

Bananas can be digested by some persons, and others are unable to eat them without distress. If their fruit cells are opened, they are good, but the skin is then black and uninviting. In other cases they do violence to the stomach.

Watermelons cause disturbance of the gastric juices in the stomach.

Strawberries cause hives, or skin blotches. But some persons are exempt from them. When eaten with cream and sugar, the cream and sugar are beneficial.

The preserved juice of currants, if very ripe when picked, is a fine tonic for the winter if it is not fermented. The same is true of grape juice, and especially of peach and blackberry juice. These contain iron in vegetable cells, and help to make rich blood. Every home should put up these juices in their season.

**CAUTION:**—When the stomach is congested, the juicy fruits, as well as fruit-juices, cause neuralgia, headache, and sometimes rheumatic conditions.

### THE SO-CALLED FOODS

Some of the so-called foods are foods; and some of them are part foods; while others are not foods in any sense.

When humanity came upon earth there were two kinds of foods waiting for its use:

*Wheat, the king of cereals.*

*Blackberries, the king of fruits.*

While these did not then appear in the form in which we now have them, they were the progenitors of all foods and fruits that followed.

From what was then the wheat of that age, have been derived all the foods of its class that have been developed.

From what was the blackberry of that remote era, have been derived the grapes, pears, apples, peaches, plums, cherries and other fruits, by the law of variation, which is never inactive even at the present day.

Wheat contains starch, as well as all the fourteen elements of the human body; while rice, oats, barley, buckwheat, peas, beans, etc., contain more or less of these elements, but not in a form so perfect or so easily digested as wheat. Nature has not been improved upon in this respect in the last hundred million years. Wheat was then waiting for man before he arrived, and is still the one and the only perfect food for man today.

The blackberry, without its core, and in a state of mellow, deep-black ripeness, is drink and food for humanity, carries iron into the blood in a natural condition organized in vegetable cells, and is a medicine of untold value. Raspberries are milder forms of blackberries, and are also useful as food.

In parts of the world where wheat could not be found, humanity was compelled to eat grasses and roots; and to hunt for animals, seek fish in the waters, and birds in the air. All these things were provided by an all-wise nature to prevent the extinction of the human race, but chiefly as makeshifts.

It is better to eat makeshift foods than to starve to death.

It is evident that man tried everything that came along, or that he could discover. He tried roots and tubers, leaves and grasses, and everything that resembled fruit. His hungry stomach liked the taste of nuts, even acorns. He ate carrots, turnips, beets, cabbages, cucumbers, tomatoes, and whatever he found. There is no doubt that millions of men, women and children have died trying to ascertain if some things were foods and if others were poisons. A good illustration of this struggle to learn the facts by actual test is seen in the use of mushrooms, some of which are merely



toad-stools and which will kill very quickly. One investigator estimates that millions of humanity have been slain by this single weapon. Even now thousands die from eating toad-stools in every generation.

The tomato is another illustration of the efforts of man to guess what is food and what is not. The tomato was never eaten until the year 1830, although it had been on earth for thousands of years. Now, although it contains no food value, and does in fact hold a large quantity of oxalic acid, it is eaten more freely than apples, and gives rise to the immense canning industry bearing its name. It is the most violent enemy of the liver known today.

The radish is still another example of the struggle of man to find out what is food and what is not. It cannot be eaten except when very young and is wholly lacking in value of any kind. The same is true of the cucumber. These non-foods often cause great disturbance of the digestive system, and many deaths have resulted, if the stomach is badly congested.

**SACCHARIN.**—This was for many years heralded as the true substitute for sugar and sweets, and was especially recommended for diabetes. It is a poison in itself, in that it will destroy the gastric juice, and paralyze the lining of the intestines. But its use is still recommended by the whole medical fraternity except those who are fully up to date in new knowledge; and the chemical experts of the United States declare that it is not a poison. Facts, however, speak louder than theories. The rapidly increasing use of saccharin in fruit syrups, ice cream, and all kinds of candies, and the consequent overwhelming number of disturbances that follow in its train, especially appendicitis, severe inflammation of the stomach and intestines, and skin eruptions, has led to recent criminal legislation against its use. In one city this year many arrests have been made of adulterators who made ice cream without sugar, and employed saccharin instead; the latter costing but a trifle per pound. Two facts prove that this imitation sugar is dangerous:

1. It always leaves the body in the same condition in which it enters, no part of it having been assimilated or digested.
2. Those who eat candies, ice creams and fruit syrups, or canned fruits which are adulterated with saccharin, suffer serious stomach and intestinal troubles, which can be directly traced to this cause.

## THINGS THAT ARE PART-FOODS

We have in this Section discussed the things that are not foods, although so-called. We have also shown the struggle of mankind to find out by test, at the risk of life, what things are useful as foods. We come now to the things that are partly good and partly bad. They may be eaten by persons who are quite well, but should be avoided by those who are not in perfect health. These will be found listed in the time classes; but, as there stated, they are not to be regarded as having full food value.

ARTICHOKES.

ASPARAGUS.

BACON.

BEANS.

BUCKWHEAT.—Continued use of buckwheat injures the nerves and breaks up the blood. A little mixed with corn or wheat is useful at times.

CAULIFLOWER.

CABBAGE.

EGG PLANT.

JUNKET.

LENTILS.

MOSS.

OYSTERS.

OYSTER PLANT.

OLIVES.

PEAS.

PRUNES.

PUMPKIN.

RICE, OF A WHITE COLOR.

SPINACH.

SQUASH.

SHRIMPS.

TURNIPS.

To the foregoing list add the so-called foods that are not foods which have been described in an earlier page of this Section, and we see one of the methods whereby the cost of high living can be reduced. A sensible person will not spend money uselessly on foods that, instead of building up the body, are sure to weaken it, and invite sickness with its consequent expense, suffering and loss of time.

## MEDICINAL VALUE OF FOODS

The tendency of the age is shown in the practice now being introduced everywhere by the most intelligent and skilful physicians, who substitute foods in the place of drugs as medicines to heal the maladies of humanity. The practice is growing very rapidly among the honest, earnest and best trained doctors. In this part of the present work we include a summary of the foods that possess a medicinal value, as already described in the pages just preceding. More will be said of them later on in this work.

## A FEW OF THE MEDICINAL QUALITIES OF FOOD

1. BEETS have a beneficial effect on the HEART, not as a stimulant so much as a cleansing food.

2. BEEF JUICE is a direct builder of the tissue of the body.

3. BUTTERMILK, when sweet, builds tissue rapidly; when sour, it destroys germs that poison the intestines, and is also a tissue builder.

4. BRAN LEMONADE is a food for the brain, and overcomes fag and weariness in the mind, and drives away depressing feelings.

5. BUTTER lubricates the system, and takes the place of olive oil to some extent. But olive oil, being vegetable, is a better lubricant.

6. CARROTS produce a wonderful COMPLEXION, and a splendidly clear skin.

7. CELERY is a stimulant for the NERVES.

8. CHERRIES, when sweet and fully ripe, destroy old age matter in the body.

9. DATES, FIGS and RAISINS, one, or any two, or all three, contain the same value as meat, and in better form.

10. FRUITS of the juicy class are all cleansers of the tissue.

11. GRAPE FRUIT in the morning on an empty stomach, clears the system of bile taint.

12. HONEY is the most natural form of carbon and stimulates the vital centers.

13. LEMON JUICE on an empty stomach cleanses the digestive organs.

14. LETTUCE has a direct effect on the blood as a cleanser.

15. ONIONS when boiled have a powerful influence in defending the body against the attacks of contagious diseases.



16. RAW ONIONS, chewed but not swallowed, destroy the germs of colds, and prevent attacks from infectious diseases.

17. ONION JUICE, that is the juice of raw onions, sprayed upon the atmosphere, will clear it of germs of all infectious diseases. This is effective both indoors and outside.

18. PARSNIPS are useful in cleansing the kidneys. They should be eaten freely.

19. PEARS, especially the Bartlett variety, are active as a diuretic, and flush the kidneys. All pears have more or less of this power.

20. PEACHES and GRAPES bring natural iron into the blood. Mineral iron tends to destroy the lung cells; but natural iron builds them up. Iron is natural when it is developed by growth in the vegetable kingdom.

21. PINEAPPLE JUICE mixed with honey will prevent sore throat.

22. PLUMS, when very ripe and mellow, stimulate the liver.

23. POTATOES BAKED, with the skins afterward removed, furnish the first safe step in weaning a baby from its milk diet. The skins are retained in the diet of adults.

24. POTATOES in any form, when mealy, are one of the few foods that cannot be adulterated, and are therefore humanity's best friend.

25. SUGAR (or its equivalent, starch in grains) is the foundation of the fuel of the body. It furnishes warmth and energy, but not muscle.

26. LOAF SUGAR, and also home-made candies, serve many useful purposes. A small piece held in the mouth will cause a rapid flow of gastric juice into the stomach after a meal. While, as a rule, sugar or candy should not be put in the mouth when the stomach is empty, it can be done sometimes for the purpose of relieving a headache, as the gastric action of the stomach will draw off the pressure of blood at the head. But it will not relieve a neuralgic headache.

27. WHITE OF EGG, in a raw state, is pure albumin filled with life such as the blood requires, and is the only known repairer of membranes that are injured or congested. It also reduces inflammation of the liver if taken in liberal quantities in the stomach. When the throat is raw, the white of an egg, if held at the back of the mouth, will help to heal the surface.

28. **YOLK OF EGG**, raw, is a rapid builder of new tissue and repairer of the old. In bone diseases it has no equal as a healing power.

29. **YOLK of EGG**, boiled and powdered, mixed with boiled milk, one-tenth egg to nine-tenths milk, will check weakness or looseness of the bowels, and give remarkable strength to all parts of the body when tired. The rule is to take as much as can be relished, sipping it slowly, and holding each mouthful in the mouth at least two seconds. Try this when tired.

30. **HONEY AND BRAN WATER**.—The best known tissue-builder today is the combination of pure honey and bran water, following in five minutes after the use of the white of a raw egg slowly swallowed. In the first place, the easiest thing to buy is bran. Wherever feed can be bought, there you can get bran for less than two cents a pound, and a pound is bulky. The dusty bran is the best, for it contains the phosphates that are needed by brain and nerves in the repair of the body. Soak a pound of bran in two quarts of lukewarm water, then drain it off. In the meantime dissolve half a pound of honey in warm water, and set it aside to get cool. Never use the honey-comb, as it is indigestible. Bran, also, is indigestible, and for this reason it must be strained through fine cloth so that only the clouded water from the bran can be had. Having done this, then unite the dissolved honey with the strained bran water; and ice same. Drink as much of it as you desire, slowly always, and always as cold as you can get it. Add lemon juice to flavor, if preferred. If honey cannot be obtained, the next best thing is white sugar. Athletes that are in the best condition drink bran lemonade, which is the same thing. In families where this drink is used, all the members possess unusually good health, bright eyes, fair complexions and vigorous nervous systems. It takes no more time or trouble to make bran drinks than to make coffee; and neither coffee nor tea contains food elements, while the bran drink is wholly composed of the very best food elements. If once you get in the habit of drinking iced bran water, you will never regret it.

31. **BUTTERMILK** is the best of all the dairy foods, and is regarded by some medical men as the best food in the world. Many scientists have come to the conclusion that buttermilk cannot be equalled by any other kind of food for its tissue-building qualities. Milk alone is too bulky to be used as a one-food supply, for many

quarts must be drank daily in order to support the needs of an active body. Yet sedentary people may live on plain milk alone for many years. When the cream is taken from the whole milk, some of the latter remains in the cream. This and some parts of the cream are left in the making of butter. The fat goes into the butter, and the fluid is known as the buttermilk. When not sour, or turned, it is a most delightful food, especially if ice-cold, and is taken slowly into the stomach. It should be thoroughly salivated in the mouth. There are many hopeless cases today, as estimated by physicians, that are kept alive by nothing but buttermilk. Men who are really healthy now have been saved from the grave by the use of a buttermilk diet; in some cases taking this food for many years, without the addition of anything else. It seems hard fortune, but it was the choice between a complete yielding to the use of buttermilk or an early funeral, and the former was preferred. Apart from its medicinal value, buttermilk is an everyday food of so much greater importance than meat that a cent's worth of the buttermilk will give more strength than a dollar's worth of the best meat in the world. If you have never taken buttermilk you may not like it; but, like olives, the taste is soon cultivated.

It can thus be seen that the only true medicines in the world for the human race are foods selected for their specific benefits. The time is fast approaching when nothing will be introduced into the body except natural foods, or those containing one or more of the elements of life. The force of the following law is seen by what precedes herein:

**NINTH LAW:—The use of the Medicinal Foods under proper guidance will produce an absolutely perfect body.**

New tissue will be built in every cubic inch of the body, and the health will rise to so high a standard that any part of the body that is out of condition or repair will heal almost instantly.

*Rule 57.*—Some foods are causes of diseases, other foods are neutral, other foods build up the body, and still others have a medicinal value.

*Rule 58.*—Old age is a ripening of the body, and is due to the accumulation of mineral matter in the tissue and veins.





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## SIXTH SECTION

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# PROBLEMS



Y REFERRING to laws already set forth in this book, you will find that every disease has two causes, one of which is the inward condition of the body, and the other the attempt of nature's hosts to remedy that condition by her destroying germs. You will also learn, by re-reading the laws of the previous Sections of this book, that such inward condition is the result of certain life enemies, one of which is the deadly poison that is generated in the body because foods are eaten that do not digest together.

All foods belong to some digestive-time class.

When there are present together in the stomach foods that belong to different digestive-time classes, that food which is most easily digested will receive the whole attention of the stomach; and, at the same time, the other food will undergo ferment which takes place very rapidly in the body under the conditions named. This ferment gives rise to the violent poison.

As more than half of all the ills of life come from the uneven digestibility of foods in the stomach, it is very important that humanity should at once begin the study of the remedy. The cause is known. The prevention of this cause is better than the cure, for the cure often is too late in reaching the victim.

The Five-Minute Class.—This includes foods that slip through the membranes of the mouth, throat and stomach, and enter at once, or almost at once, into the river of blood that courses through the body. The Five Minute Foods are Raw White of Eggs, Raw Yolk of Egg, Beef Juice, Clear Soup, Butter, Sugar, Honey, and Olive Oil.

*Rule 59.*—Foods of the Five Minute Class should be eaten separately where they are not intended to be combined with other foods.

If the white of a raw egg is to be eaten, it is far better that it be taken by itself on an empty stomach; and the same is true of the raw yolk. Beef juice and clear soup are much better alone than with any other food. Olive oil is prescribed by doctors for persons who have weak lungs and low vitality tending toward thinness, and the oil is ordered to be taken on an empty stomach about five or ten minutes before a meal. One of the good signs of the times is the making of capsules of pure olive oil, two of which are to be taken a few minutes before each meal. These are often prescribed by doctors.

Butter, sugar and honey are intended to be used in combination with other foods, and for this reason should not be eaten alone.

*Rule 60.*—Food classes that are close to each other in time of digesting blend together in a healthy stomach.

Nature allows an hour of grace so that foods will not set up poisons in the system on slight provocation. In exceedingly strong stomachs her allowance is even more liberal. The formation of gas, or the rolling sound, or a blind pain in the region of the stomach, will indicate the fact if there is danger from the formation of poison. There should never be gas, or "wind" in the body; and never an eructation at the throat, nor a sound of rumbling thunder subdued, in the bowels.

Some of the established results are given here as the climax of many years of experiments along this line.

1. If the white of egg, or the yolk, is not relished alone when raw, it may ally itself to a number of foods in the ONE HOUR CLASS, milk being the most natural, as it is composed of exactly the same elements as the raw egg.

2. Beef Juice is better when taken alone, but it may be united with any of the ONE HOUR CLASS of foods that can well be eaten with it; bread being the most suitable of that class.

3. There are many foods of the ONE HOUR CLASS that can be eaten with butter; and some that are good with sugar, or honey.

4. All the foods that are contained in the FIVE MINUTE CLASS and the ONE HOUR CLASS should always be kept in mind; they really constitute the ONE HOUR CLASS, as that embraces everything that is digested in one hour or less.

5. Make your plans to select from time to time such foods as are within this period, and note the good effects that will follow.

It must be remembered that foods that are easily digested in the stomach are still undergoing a secondary and even third and fourth forms of digestion all the way along the tract of the digestive canal, of which the stomach is merely a part. Meats eaten after the middle of the day are sure to tax the system of a nervous person; and it is always the nervous person who loses sleep at night.

*Rule 61.*—The character of a meal should be determined by the use to be made of it.

This rule means that you should eat for a purpose. If there is to be a hard day's work of mind or muscles, there should be fuel in the stomach BEFORE the work is to be done, not afterwards. Therefore this class of eaters should get a good breakfast. If you cannot find an appetite for breakfast, it is due to the fact that your system is still struggling with an incautious or too heavy supper of the evening before. Omit one evening meal, and note how quickly your breakfast appetite will come to you, how speedily your morning headaches will disappear, and how soon that bad taste in the mouth vanishes. The person who says he has no appetite in the morning is like the boy whose hunger utterly failed him after his Christmas dinner; he was already over-loaded. Many persons get up in the morning with their bodies clogged with the food of the heavy eating of the preceding evening.

People who are thin, or cold, or who have poor blood, should eat for growth of extra tissue; and this requires a heavy evening meal, but not a meal of heavy foods. Bulk counts more in value than solidity of matter. These questions will be discussed in our Curative Section later on in this book. You can produce any result you wish, by eating in a certain way; and there are many different results that different people need. What one should eat, another should avoid.

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### MIXING THE CLASSES

The deadly enemies of human life are those that are born within the stomach and in the body, through the vicious habit of mixing the classes of foods.



FIRST EXAMPLE.—We will first take up a seeming contradiction, which is rather an exception to Rule 60, which says that food classes which are close to each other in time of digesting, blend together in a healthy stomach. While it is true that all the foods will blend and be digested together, it is better to make combinations on the following plan:

1. The juice fruits should be taken always on an empty stomach and one hour in advance of taking other food.

2. The food fruits, called sugar fruits sometimes, such as dates, figs, raisins and the like, belong with the foods that are made from flour or grains; and should be eaten at the same time.

3. At a meal where meat is eaten, it is better to omit milk, cream, bread, cake and starchy foods except potatoes; and to depend on vegetables to go with the meat.

SECOND EXAMPLE.—MINCE PIE.—The question is often asked why mince pie will not digest readily when it is made at home of the most wholesome things. The answer is simple. The different things belong to the different classes as to time of digestion. They will not digest together, and one part will ferment or set up an acute poison while the other part has all the gastric juice of the stomach. The DRIED CURRANTS belong to the NEVER CLASS, and the raisins belong to the ONE HOUR CLASS. The apples are chopped fine, and are nice apples, but the chances are a million to one that these very apples were not mellowed when they were chopped fine, and, even if ripe, they were not of the ONE HOUR CLASS; probably belonging to the TWO HOUR CLASS, unless they were hard apples, in which case they belonged to the NEVER CLASS.—The meat, of good beef and not over-cooked, would belong either to the ONE HOUR CLASS or the TWO HOUR CLASS. The piecrust, if not soggy and too crisp, may belong to the THREE HOUR CLASS or even later; and the spices belong to the NEVER CLASS.

YOU do not know that an apple that is not fully mellowed by nature is one of the wickedest things that can enter the human stomach; and how many good wives KNOW that the apples they chop up in mincemeat are ripe and mellow when they chop them? Cooking does not mellow them; it separates the fine fruit-cells, but it does not burst open the tiny microscopic globules that hold the distilled juice. Yet this distilled juice when set free by act of nature in mellowing the apple, is one of the greatest blessings

in life, and is missed in ninety-nine cases out of a hundred. We can make mince pie that will digest easily by leaving out the dried currants, leaving out the spices, cooking the meat briefly, and chopping in raisins and dates, with very mellow apples, and encasing the contents in a bready crust made with butter instead of lard. Yet this same mincemeat, when the apples are not fully mellowed by nature, will set up some degree of distress depending on the condition of the apples. A doctor of wide experience recently said that thousands of people die every month of acute indigestion, and ten per cent of this number died from eating mince pie, while another ten per cent died from eating sausage; and he suggested that their grave stones be so marked.

It might teach the survivors a good lesson if they were to see the CAUSE of each death emblazoned on the head stone.

THIRD EXAMPLE.—BAKED BEANS.—The question has been often asked why baked beans cause so much distress. In the first place, they belong to the FOUR HOUR CLASS. Old beans are baked. When beans have ripened, they possess hulls or outer skins that resist for a long time the action of the gastric juices. Long baking, or long boiling, may break up these hulls, which are quite thick; but such process does not help matters much. Green beans are easily digested; and become more difficult to dispose of as they approach ripeness. The fully matured bean is quite different from the tender young bean.

In addition to the condition of the bean itself, the habit of eating it with other foods that are digested more easily tends to make that unevenness of digestion that results in setting free the dangerous carbon poison. At different times and in varying conditions, we have seen the following mixture of foods at the same meals:

Beef, celery, asparagus, buttermilk and bread with Baked Beans.

Chocolate, milk, cream, bread, and potatoes with Baked Beans.

Lettuce, lamb, beets and bread with Baked Beans.

Oysters, halibut, tomatoes, potatoes and bread with Baked Beans.

These are merely sample cases. All the foods included in the above groups, except the beans, are digested in much less time than the beans are; and the result is that the beans remain in a state of active and dangerous ferment, resulting in the formation of gas on the stomach and "wind" in the bowels for days; this

"wind" being nothing less than the same carbon poison. How often after a meal in which beans were eaten, have you heard the bowels "roll" like the murmuring of distant thunder, with now and then a peal that awakens even the dozers at church? In a New England town where the good old custom of eating baked beans every Saturday evening for supper was at its height, the "rolling" at church on the next day was so distinct and so frequent that the kind hearted minister was compelled to ask his congregation to desist from eating beans on Saturdays.

BROWN BREAD is so made that it requires the same time to digest that baked beans demand; for which reason they belong together. But it is a mistake to eat anything else with them. Some kinds of brown bread will digest in an hour, some in two hours, but the Boston variety requires about the same time as the beans.

FOURTH EXAMPLE.—While beans themselves are hard to digest, a normal stomach will easily dispose of them if they are not mixed with other foods of the shorter periods. There have been many instances where men have been advised by us to eat only beans at the same meal, and they have always found relief from the annoyances of eating them with other foods. One man declared that they would cause much more trouble if some other food was not taken with them to balance them, as he claimed. So he ate cautiously of the beans alone; and, not having any trouble from so doing, he took a full meal of nothing but baked beans, not even eating brown bread with them. Then he learned, as he said, something that he had never before dreamed of, that foods that digest at different periods do not belong together in the stomach. This law was welcomed by him, and he has since declared it to be the greatest law of health.

FIFTH EXAMPLE.—BROWN BREAD.—This is regarded as hard to digest. But if you will make a meal of nothing but brown bread, and if your stomach is normal, you will find it a great food for staying powers without causing any of the distress that usually follows its use when taken with other foods.

*Rule 62.*—Foods that require a long time to digest are suited to people whose habits require long staying powers in their supply of nutrition.

It has been found that laborers who eat nothing but baked beans at a meal, either in the morning or at noon, will have more



endurance and power than if they had eaten foods that digest more speedily. Also a meal of nothing but brown bread will give the same results. But both these foods, or either of them, if eaten by a person of sedentary habits, will result in nervousness, for the system does not demand long time foods and is burdened in disposing of them.

*Rule 63.*—Persons who wish to rest their nerves and minds, and not indulge in hard mental or physical work, should eat only the foods of the ONE HOUR CLASS.

*Rule 64.*—Persons who wish quiet nerves and yet who desire sustenance for activities, should eat foods of the TWO HOUR CLASS.

*Rule 65.*—Foods should be selected in advance of the uses for which they are eaten; not after such uses.

Eat ahead, is the meaning. If you need staying powers for a hard day's work, do not eat the staying foods AFTER the work is done. Yet most people do this on the theory that they need to repair the damaged system. This is like hitching the horse to the back of the wagon. All persons who have given the matter a thorough test, time after time, and under all conditions, have come to agree that the food must be taken ahead of the use to which it is to be put. If you are to drive a horse on a long journey, you will feed him for it before he starts; and if on a fast journey, you will give him a larger proportion of oats for that purpose. When he has a period of rest before him, he is fed for the rest, and not for hard work; or else he would be sick.

*Rule 66.*—Persons who seek perfect health should avoid all foods of the THIRD HOUR, FOURTH HOUR, FIFTH HOUR, and NEVER CLASS.

This does not mean that all such foods are useless. They merely do some degree of harm when eaten by those who wish to secure the best health.

*Rule 67.*—If a meal is made up of foods in the TWO HOUR CLASS, it should exclude all other foods except those of the FIVE MINUTE CLASS.

The reason for admitting the FIVE MINUTE foods with those of the TWO HOUR CLASS is plain; they are so quickly digested that they do not hold back the digestion of the other foods more than five minutes, and this is not long enough to start ferment. It is in this rule of nature that her plans are seen at their best.

Butter and sugar, and sometimes other foods are helpful in giving flavor and attractiveness to foods in the longer time classes; they serve their purpose quickly and are gone, leaving the main meal to be digested evenly in the stomach. This is an enormous advantage to health. Raw milk and cream, while in the ONE HOUR CLASS, are generally digested by normal stomachs in from ten to twenty minutes, and will blend with many of the foods of the TWO HOUR CLASS without fermenting. A leeway of an hour or more is allowed by nature in some instances, depending on the health of the digestive tract.

SIXTH EXAMPLE.—PIES.—We have discussed mince pies, as they stand in a class by themselves, owing to the indigestibility of their contents. But there are other pies that are indigestible because of the difference between the time of the crust and the filling. Squash, especially the winter kinds, make excellent dishes when served as vegetables; but, when put inside piecrust, there is a difference of two or three hours or more between the digestive time of the filling and the crust, if the latter is crisp. The same is true of custard pie. Custard alone is a wholesome food, but it is digested readily, while crisp crust is not. As piecrust gets old and loses its crispness, its indigestibility is lessened; and for this reason the pies that “mother used to bake” did not hurt as much as those now in vogue, because mother baked hers in quantity and they lasted a week or more. She had her “pie-baking day” every week. So she had her “bread-baking day” once a week, and new bread was not as common as now. Such conditions help, but in former times they were offset by other conditions that did not favor good health. A pie may be defined as a combination of two or more foods that do not digest together.

SEVENTH EXAMPLE.—EGGS.—While the white or yolk of an egg is digested in five minutes if raw, the cooked yolk requires an hour, and the cooked white requires even more than an hour, depending on its hardness. A soft boiled egg averages about an hour for both parts. A fried egg, if hard and crisp, will not digest in much less than five hours. The yolk, however, if not fried in grease and made very hard, will always digest much more easily than the white when the latter is cooked hard. It is much better to separate the two parts, as they are totally different kinds of food, and cook the yolks by themselves. They can then be powdered and seasoned, and served on toasted bread, making a

complete food, even with white bread, for they supply the elements that are lacking in white flour. Yolks restore to such flour the meat value that is found in the whole wheat, less the bran or hulls. The white of an egg is closest to the perfect body in its elements.

**EIGHTH EXAMPLE.—HAM AND EGGS.**—Many persons make out a meal on this combination. Fried ham and fried eggs blend together nicely and stay with a person more than four hours; hence belong to the **FIVE HOUR CLASS**. The person who eats them should be a laborer, and they should be eaten in the morning or at noon, but never later than the midday meal. A weak stomach would rebel against them. At the same meal, it would be proper to eat cheese, or clams, or hard fried potatoes, patties, pastry, suet pudding, and fruit cake. This is the heaviest combination possible, unless a person intends to commit suicide by the acute indigestion route. The fruit cake may cause trouble if it is made of parts easily digested mixed with the harder parts; but if it contains suet, dried currants, citron and spices, it is in the five hour class, or the never class. The latter is not necessarily dangerous, as the foods that do not digest at all are often driven out of the system without even setting up carbon poison. Thus a meal of gravel is less hurtful than mince pie or sausage: the gravel will not ferment in the body, and both mince pie and sausage will. Ham that is fried lightly after being well boiled, and eggs that are fried soft, do much less damage than the raw ham fried hard with eggs fried to a crisp.

**NINTH EXAMPLE.—LARD.**—This article of food has been placed in the **FOUR HOUR CLASS**. It might have been put in the **NEVER CLASS**, as the gastric juice will not act upon lard, nor act very readily on any form of pork fat. But in the process of half ferment, lard changes its nature somewhat in a perfectly healthy stomach, and is assimilated to a slight degree. Yet when a person is starving, or the body is emaciated, lard is digested to a much greater extent, especially in winter. It does not build tissue, nor aid in making a normal body, but serves to repair the cells where fat is generally accumulated in the body. People between the ages of eighteen and thirty can digest lard under the most favorable conditions, in which case it requires four hours for the process. After a person is thirty years old, the less lard and pork fat that is eaten, the better; for there will come a time when



the great battle must be fought to keep the breath in the body, and lard-made flesh is not a safe basis for success.

TENTH EXAMPLE.—DOUGHNUTS.—These, and crullers, are pieces of dough fried in lard or some substitute for lard. The inside part, assuming that it has not soaked the fat, is digested in TWO HOURS, while the outside is digested in FOUR HOURS or longer, depending on the crispness of the surface. This presents an unevenness of time that is sure to set up carbon poison in the body. But if lard is used, then there is another reason why doughnuts are not good for a person. Substitutes for lard may be of a non-food character, like some vegetable fats, and thereby cause distress unless the system can throw off the foreign matter. It is, however, perfectly safe to say that any substitute for lard is safer than lard as a food. Sometimes, when doughnuts are cooked once a week and a supply laid aside, they lose their crisp surface; and, if they have not soaked fat, they are more evenly digested than when new.

ELEVENTH EXAMPLE.—CHIPS.—What are known as Saratoga Chips, or potatoes fried so hard that the whole nature of the potato is completely changed, may be digested by very healthy stomachs in five hours; but, when hot from the fat, they are practically indigestible. We know of several deaths that have followed the eating of them. CRISP foods put up in packages are of the same order, and equally dangerous. Some of them are sold with the directions to use cream and sugar on them. Now cream and sugar are both good food, and supply fuel and energy to the body; and the makers of the CRISP goods seek as much as possible to cover up the harm of eating them by the addition of something that will prove beneficial. Yet it is true that children who are allowed to eat these CRISP goods will pale and sicken in a short time. Corn-stalks, treated to chemicals and fats, enter largely into the making of some foods that are sold in the most beautiful packages under the glowing praise of great advertising, and with the promise that they will build brain, nerve and flesh. The safe way is to let all package goods alone, and all canned goods alone, and all glassed goods alone. Otherwise, you will be buying and eating chemicals, preservatives, poisons, and rubbish garnished up to look like food. Only weak-minded persons believe food-advertisements and medicine-advertisements.

TWELFTH EXAMPLE.—CHEESE.—This is made from milk, and milk is the one great food of humanity. Why, then, should not cheese be as digestible as milk? The Sixth Law tells us that foods that may be wholesome in one form may not be wholesome in another form. Cheese is milk that has been acted upon by the animal stomach known as rennet, or the inner lining of the calf's stomach, which causes coagulation. This new condition makes milk cheese, and adds very much to the difficulty of digesting it. When a person swallows milk rapidly so that it is not salivated at the mouth, the milk turns to cheese in the stomach, and becomes a source of danger. When salivated milk turns to cheese, it shows that the stomach is inflamed. A healthy stomach will readily digest all milk that is properly swallowed. Milk never disagrees with a person; but a person very often disagrees with milk. The test of health is the ability to digest milk properly. Melted cheese, as in Welsh Rarebit, cannot be digested in less than eight to ten hours. A party of good-looking women of the social set, who played cards until midnight six nights in the week, ended their evenings by a hearty meal of rarebit; and, so fond were they of it, that they named their society "The Rarebits." In one week after they began this practice of eating at midnight a food that could not be digested before the middle of the next forenoon, all had deep rings under their eyes, puffed faces, horrible mouth-lines and yellow skin. One died from inflammation of the stomach in a few days more, seven died within the year, and all the survivors are wretched at this time. It was an awful challenge in the face of nature. Milk, therefore, when in the fresh state, is easily digested by a normal stomach; when made into cheese, it requires five hours to digest it; and when the cheese is toasted or cooked, the time is nearly doubled. Here we see the meaning of the law that tells us that a food that is wholesome under some conditions may become hurtful when those conditions are changed.

THIRTEENTH EXAMPLE.—SAUCES.—Wine or liquor sauces are injurious. Gravies are hurtful if not made with great care. Pork gravy is like melted lard. Old persons, and most of those in middle life, cannot digest any animal fats except butter. Some hotels buy their gravy by the barrel. Graphite, a mineral closely allied to coal, makes the basis of some gravies. It is best to avoid the unknown as long as possible.

**FOURTEENTH EXAMPLE.—VEGETABLES.**—What is known as a vegetable diet is not the same as a diet made up of vegetables. Suppose you desire to free your body of its broken down material, you may do so by eating for your noon meal the following vegetables from the **ONE HOUR CLASS**: Asparagus, New Beets, Celery, Lettuce, Olives, New Peas, Potatoes, Spinach, and Squash. The Olives are not a vegetable, but have the same value. You might not be able to procure all these at the same time; but as many as you can get, you can eat; and eat nothing else, no bread, no other things. This will be the first noon meal of vegetables of the **ONE HOUR CLASS**. Eat all you want, as they cannot do harm. The result will surprise you in the feeling of inward cleanliness. So will any vegetable meal. The next noon, make up your midday meal of **TWO HOUR** vegetables as follows: New Beans, Young Carrots, Parsnips, Young Potatoes, and nothing else. Both meals can be dressed with butter or cream, and of course well seasoned. On the third day, you can repeat the vegetable foods of the first day, and so alternate. In a week or two you will find your system quite clean within, and the better complexion, brighter eyes, and finer feeling will please you to an extent that you will seem like a new being come to earth for happiness instead of the misery of poor digestion and aches and pains by the dozen. These are vegetable experiments. Try them once in a while, but not constantly. Or, better still, try the **ONE-FOOD** method which we will lead you to presently. Until you have tried these methods you will not know what it is to **LIVE**. It must be remembered that these vegetable meals are taken at noon only. If you were to swing all at once from a mixed diet to a vegetable diet, you would soon be in worse pains than ever before. Nature does not allow changes that are abrupt unless there is a tearing up of the body.

**FIFTEENTH EXAMPLE.—CEREALS.**—The term cereals applies to all foods that come from the grains, such as oats, rye, wheat, corn, barley and rice; when these foods are not made into flour. Thus hominy from corn is a cereal, while meal from corn is a flour or meal, depending on the coarseness of the milling. Whole wheat, cracked wheat, and rolled wheat, are cereals. Groats, rolled oats, cracked oats, and oat meal are all regarded as cereals. Samp is the better form of hominy. Pearl barley is a cereal. Lay in a supply of Pearl Barley, Cracked Wheat, Rolled



Oats, Samp or Hominy and some morning make out a whole breakfast on them or as many of them as you prefer; eating milk, or milk and sugar, on them. They should not be eaten without milk or thin cream. They should be well cooked. When you attempt a breakfast of cereals, omit all else; take no meat and no bread or other thing. We wish you to note the effect of eating nothing but the cereals. When you have ascertained the full value of this method, then you will not easily be led back to your present haphazard habits.

**SIXTEENTH EXAMPLE.—EGGS AND BREAD.**—Some morning, when you wish to make another experiment, take for your breakfast old bread and soft boiled eggs, just as many as you can eat with relish. You can lightly heat the surface of the old bread, and break it into a cup of the soft egg, having the latter well salted. This breakfast will balance very nicely to alternate with the cereal breakfasts, one every other morning. Of course fresh eggs are very desirable, but cold storage eggs if in good condition with yolks whole are of exactly the same value as far as food merit is concerned.

**SEVENTEENTH EXAMPLE.—MEAT AND POTATOES.**—If you must have meat, then eat either beef or lamb, fresh fish or mutton, unless you can afford young fowl. But for the purposes of this experiment, make up a breakfast of beef and potatoes, eating no bread and nothing else at that meal. The beef may be broiled, or lightly fried. The potatoes may be boiled or baked. These two foods digest at exactly the same time, and, unless the meat is hard and crisp, or is re-cooked, it will blend perfectly with the potatoes in either form. Here you secure a hearty, wholesome, strength-giving meal that is digested easily and that will make a perfect body for you. While it does not have staying qualities in the stomach, it has long enduring power in the digestive tract after it has left the stomach, and its value is passing rapidly all through the body. For a noon meal, hot roast beef and potatoes, or cold roast beef and potatoes, and nothing else, will furnish a better feeling, better vitality, and better health. When these blessings are to be secured so easily, why waste vitality in digesting meals that do not blend together but that mutiny from the very start? What do you eat for?

EIGHTEENTH EXAMPLE.—CAKE.—Some mothers think that it is wrong to feed cake to a child. Many grown up persons believe that they should eat what they most crave. They claim that it is nature. Nothing is closer to nature than the young child. When it is placed at the table and sees the cake, and recalls its memory, it craves that above all else. A child left to itself would fill up on candy, sugar, sweets and dessert regardless of the plainer foods. Thus we find that the cravings of nature in young and old are not the true guide to eating. But plain cake with dates and raisins in it, is as good and as wholesome a food as the simpler kinds. It is relished better than other kinds, and this adds to its value. It is a compromise between the too rich and the unpalatable foods. A man who had no appetite for breakfast, except for plain cake, began to indulge in that. For thirty years he ate nothing but cake for his morning meal. He was a grocer, and lived into the seventies; had he been a Ralstonite and balanced his habits to suit his cake diet, he could easily have lived to be a hundred.

NINETEENTH EXAMPLE.—SUGAR FRUITS.—The sugar fruits that are easily digested are Dates, Raisins, Figs and Prunes, the last named being the least in value; and Dates and Raisins holding the highest rank. In fact there is no food that exceeds in nutrition these sugar fruits. They can be eaten on an empty stomach, and candy cannot be so eaten with safety. They can be made into most any dessert and still remain a plain food. They can be made into bread with flour, and thus establish a balance of value. But they can be eaten as a mid-forenoon lunch, and give strength to the body. Try them in bread and cakes, and bready cookies.

TWENTIETH EXAMPLE.—SELECTIONS.—If original nature is to be believed, the only true bases for foods are wheat and blackberries, both of which are waiting for the coming of man on earth countless ages ago. But they were starting points only. They taught humanity that cereals and fruits were the true and ideal foods; and we have never yet been able to improve on old Mother Nature. But the human race, in all the after ages, has been experimenting and testing poisons, semi-poisons, and part foods in the effort and hope to find a large variety. The result is that nearly everything that is placed on the table today as food is

more or less injurious. In other words, man is made the target of guesswork, and has to pay the severest of all penalties, a broken down digestive system.

Taking this book of LIFE BUILDING as a correct guide, it is the part of wisdom to make a list for yourself containing all the eatables that are listed as beneficial. You can make such a list very easily.

**TWENTY-FIRST EXAMPLE.—FIRST CHOICES.**—Having resolved to eat the food that you list from this book as suitable for you, the next step is to ascertain what kinds shall be given first choice in your selections. The better way is to have all varieties of foods cooked for you, say two or three at each meal, or more if you prefer. If, at any meal, you find any one article that suits you, and that is cooked in a way to please your palate, then set that aside on your list as the basis for a **ONE-FOOD MEAL**; for that is the tendency of modern civilization.

Here we open the way for the next great step in this method.

But do not think that a one-food meal is to consist at every meal of the same kind of food. Variety may be very great and ingenious by selecting many kinds of food for many different meals, with only one kind at each meal.

This is the royal road to a new era of health, as we shall see in the next Section.





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## SEVENTH SECTION

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# ONE-FOOD MEALS



AS WE PROGRESS in the work of unfolding the vital laws of life, we drift gradually to that shore where alone the secret of safety can be found. It is not disputed that thousands of men and women, as well as the young, die every year, yes, every month, by mis-using the digestive organs. It is not denied that certain food combinations bring quick death. It is a well known fact that acute indigestion is acute poisoning from carbon gas generated from the struggle that takes place three times a day in the stomach; ending, once for all, by the quick stroke at the heart.

The most obvious fact in modern history is the rapid increase of diseases, and the still more rapid increase in the number of doctors and medicines, of surgeons, hospitals, instruments, nurses and the awful pageantry of endless funerals, taking from the scenes of life the very people who are needed in the world and who have a right to live. Count them! Count those of your acquaintance who have gone, too early, to their graves. Your time may be close at hand! No one knows what is to be the result of tomorrow's indiscretion at the table.

Yet it is well known that there must be two causes for every disease, one of which is the presence of poison within the body.

If you are able to build the needed tissue that makes all your body, with its organs, nerves, bones, flesh and brain; and if you are able to so build all this tissue that there shall remain in the body none of the enemies of life, then the FIRST CAUSE OF DISEASE cannot exist, and the second cause will be helpless; for it takes two to make a fight.

To make the FIRST CAUSE impossible, it is necessary merely that you shall permit none of the enemies of life to exist in your body. These enemies, as already stated in the preceding Rules, are as follows:

1. Used-up matter in the body, known as dead tissue. (Rule 29.)

2. Non-food material that is eaten daily. (Rule 39.)

3. Poisons generated by indigestion. (Rule 40.)

4. Adulterations and Preservatives. (Rules 52 and 53.)

The whole fight for perfect health is ended when these enemies are mastered. This fact can be easily proved in your own life. And the strange thing about it is that this fight is waged in one line of battle only: **FOOD SELECTION.**

As all roads that lead to the top of the mountain become one at the summit, so all the teachings that have thus far been given in this work, bear toward a single climax, which is contained in the following law:

**TENTH LAW:—Perfect health follows the perfect digestion of perfect food.**

A food is perfect that will cause tissue to grow instantly in any organ of the body, or other part; or that will make blood of so high a quality that wounds will heal completely in a few minutes. These are merely the tests of the climax of success.

The best foods are inclined to become more or less antagonistic when they meet in the stomach. In fact there are but few foods that will digest at the exact time together; they may be ten, fifteen, or thirty minutes apart, and yet belong to the same class. The one true object of eating is to make new tissues of the best quality. Tissue makes the whole body, and varies in quality; pork-made tissue is quite different from beef-made tissue; a "pork-skin" shows the kind of food that made it, as anyone can testify who observes faces.

**ELEVENTH LAW.—Combined perfection of food and digestion is found only in one-food meals.**

When we talk about ONE-FOOD MEALS we lift the curtain of the far distant past, when humanity knew no other kind of

eating. As luxury has weakened the body, so it has weakened the judgment, and the society meal of today boasts of its many courses. By a private record based on direct knowledge, we have in the past twenty years or more collected the results of over-eating in the lives of prominent people in social and public position. We find that no less than 128 Governors and high officials have been stricken by acute indigestion. Governor Flower of New York died of eating radishes. Vice-President Henry Wilson, who was elected with General Grant, died from indigestion following a hearty meal. More than two hundred millionaires died from the same cause, some at the table, and some soon after, as in the case of Havemeyer the sugar king. The pastor of one of the most fashionable churches in Washington died from acute indigestion, and, in a year afterwards, the assistant pastor of the same church fell dead at the table while dining with the widow of the same pastor; both noble lives being snuffed out in a flash; the younger man being robust and not yet in his prime, the picture of health. More than six thousand society women have died at the table or soon after, in the same night, following great dinners; and these are but a small proportion of the great army that we have not had direct information about. The more courses in the meal, the greater the danger. Iron-clad stomachs may escape today, and fall in the slaughter tomorrow. The fewer the courses, the safer is any meal.

These facts being true, the Eleventh Law is necessarily true.

A ONE-FOOD MEAL consists of one food only, having no composite materials in the making of that food. Thus, mince-pie is not a one-food article as it consists of piecrust, apples, dried currants, raisins, spices and other things. Hash is not a one-food article as we do not know what it contains. But if it were merely meat chopped fine, it would not be wholesome as it might contain re-cooked meat which is not perfect food. Pies are not one-food articles because the crust and the contents are not the same. The examples given in this Section will follow on from those that are presented in the Section next preceding this.

**TWENTY-SECOND EXAMPLE. — BREAD and MILK. —** These two articles digest at exactly the same time if the bread is not new. New bread is harder to digest, and contains some of the very best poison that causes acute indigestion. But bread that is from one to five days old, is exactly the same food as milk as



far as digestibility is concerned; and each helps the other. Milk alone is not as good, and bread alone is not as good. The breaking of bread into the milk helps the flavor and acceptability of the latter; and the milk helps the value of the bread so that the two make as perfect a food and tissue-builder as can be found. It is a fact that can be easily proved that, week in and week out, month after month, President Roosevelt during the seven and one-half years of his life in the White House, ate for his midday meal a large quantity of bread and milk, with no drink but water, and often none of that during the meal. Nothing else was eaten at the noon meal. He said that he received more strength and vitality from that simple diet than he got from any of his other food. No man living possessed more energy and greater powers of endurance. He was never ill, in those years. *He ate for health.* Most persons live to eat, and they scoff at the simplicity that brings the glow of health to the body, the good blood to all the organs of life, and brightness to the eye, with energy in excess in every nerve. The author of the seventy Shaftesbury works, made his noon meal for many years of bread and milk, and never knew illness although he worked eighteen hours a day for more than thirty years. There are men today who owe their extraordinary vitality to their adoption of the bread and milk diet for one meal a day. This helps to that extent. The benefits that arise from it are often enough to overcome most of the evils of the indiscretions attending the other meals. The worst part of the high cost of living is the money that is wasted on foods that cost vastly more and that are mere rubbish. A glance at the table of rich or poor will disclose the presence of much so-called food that serves no purpose at all in building the body.

**TWENTY-THIRD EXAMPLE.**—We do not recommend the same food for different meals on the same day. If bread and milk is taken as one food, it should be confined to one meal only. The second meal may consist of a one-food article that is different; and the third meal may consist of another one-food that differs from both of the others. Yet we know of over a hundred persons who could not find health by doctoring, who fell into the habit of the bread-and-milk meal at midday; and who, receiving so great benefit from the change, adopted the same food for all three meals. They were told that it was not necessary. But they set themselves to the task of self-denial as all foods had hitherto given them

distress, and they did not care much what they did if they could obtain relief. In every such case, covering many years in all of them, they grew into perfect types of physical and mental health. Yet they were too severe in their methods. They preferred, however, the enjoyment of freedom from misery to the enjoyment of eating. There are today scores of men and women who, from their own choice alone, are eating bread and milk three times a day, and gaining health, strength and vitality by so doing; yet we think they are doing wrong to deny themselves some pleasure in eating. The bread and milk diet is not necessary even for one meal a day, except during a brief period in which better health is sought. It is a curative method rather than a permanent one.

**TWENTY-FOURTH EXAMPLE.—THE SCOTCH.**—When traveling in Scotland the visitor may be surprised to learn that the plainer classes of people eat porridge, or “parritch,” three times a day. It is the only food for breakfast, for dinner and for supper, and is made of groats or oats with the hulls removed. Under average conditions of cleanliness and otherwise, this single food brings uniformly good health; sickness always being charged to personal habits, or departures from the simple diet. Among the middle classes, there is but one porridge meal each day, and the health is not as good as among the humbler classes. The variations of food are generally along lines of sheer abuse of the stomach. While we do not advocate the porridge diet, we state these facts to show that perfect health is more easily attained by the adoption of one food than by the use of many.

**TWENTY-FIFTH EXAMPLE.**—A man who had been on the verge of death for some time because of a disordered stomach resulting in severe inflammation, was starved for a week by his doctor, and then given a mouthful of milk, with instructions not to swallow it, but let it pass of itself to the throat. The patient said that, in all his life of luxurious eating, he had never tasted anything so good before. It was heaven to him. The dislike of milk is due to the accumulations of poisons in the body. When milk is made fun of or regarded with scorn, it is safe to say that the person who rejects it is very far from possessing sound organs in the body, or pure blood. The patient referred to above, after his mouthful of milk, begged for more milk, and was not allowed anything else for three more weeks. He seemed to be grateful to an extraordinary degree when his craving for milk was satisfied.

In the same way the child, or perhaps many grown persons who are given frozen milk made into ice cream by a little sugar and flavoring will accept it eagerly if very hungry. The man referred to got well, and has never tasted anything but milk since. This was years ago. Most doctors do not think milk is vital enough to give nutrition to a strong man, but this was a case where the patient was glad to escape death, and has ever since shown his appreciation of the food that saved him. Physicians today declare that there are thousands of people who are living on nothing but milk; but the cases are so widely separated that they do not become generally known. We do not recommend this one-food as a regular diet, for it would not meet the demands of strength in most people; but we state as a principle that it is possible to live for a lifetime on milk alone. In any one-food diet there is no danger of any of the enemies of life taking possession of the body.

*Rule 68.*—As variety of food is lessened, the enemies of life lose their power to do harm.

**TWENTY-SIXTH EXAMPLE.**—Thousands of men and women who were victims of diabetes which is generally incurable: and never cured except by diet: have been compelled to adopt a diet of skim-milk and gluten bread; not the drug store gluten, but that made specially by mills for such maladies. We have personal knowledge of remarkable cures that have attended this skim-milk treatment; in some cases the patients living for many years and retaining their new-found health until they shifted back to their diet of variety, when the malady would at once reappear. Skim-milk and stale whole-wheat bread is a diet that is strictly one-food, as the milk and bread are similar in value, and digest exactly together; and this food is being used today among diabetics, together with physical activities that are capable of keeping them from sleeping too much. The disease itself invites dead sleep, and a one-food meal makes the desire for sleep normal except in this malady. We know today of many persons who retain their health after having been on the verge of losing it beyond hope; and their escape is due solely to skim-milk and stale whole-wheat bread.

**TWENTY-SEVENTH EXAMPLE.**—For the purpose of trying to test the value of this diet, we selected some years ago a number of persons who were in ill health, and who were very fat. The more they tried to reduce their flesh, the more they suffered



from general ill health. They were induced to try for three months a diet of skim-milk and stale whole-wheat bread, drinking only water; and this they did, eating nothing at all but the one-food mentioned. In less than six weeks, all of them had lost the dangerous surplus fat; all of them had thrown off all the illness and troubles that kept them ill; and, after the end of three months, nineteen of them chose to continue the diet that had thus brought them out of the land of misery, and they are eating nothing else today, except that, where three of them found themselves getting thin, they substituted whole milk in place of the skim-milk, and so came into their natural and normal weight. Of course no one wants to adopt a diet of skim-milk and stale whole-wheat bread, but the facts are worth knowing in case sickness comes unexpectedly.

*Rule 69.*—The one-food diet effects cures that medicines utterly fail to accomplish.

In the presence of the natural laws of life, medicines and drugs are as helpless as a flake of ice suspended over a red hot fire.

The time is close at hand, as all modern intellects among the doctors admit, when food selection will wholly take the place of medicines.

**TWENTY-EIGHTH EXAMPLE.**—Buttermilk is, as is well known, a whole food, and much more effective than milk. It is capable of sustaining life forever, except against the ripening of the body, which nothing can fully repel. "Drink buttermilk or die," was the command given by a very intelligent physician to a business man who had been sent home from the hospital to arrange his earthly affairs and bid farewell to his family. He even sent for his friends, one and all, and had his final talk with them. Then he heard through one of them of the intelligent physician. "There is no harm in drinking buttermilk when I am dying, although I am frank to say that in life I would not think of drinking it under any circumstances. But it may keep me here for a week or two longer." So he began to drink it in small lots, just to humor his friend and the doctor. In two weeks he sent for some of his friends again, and had another final talk with them, and he never forgot to keep his family informed of his preparations for departing this life very speedily. "My diet consists of ice water and buttermilk," he said; "and if this diet keeps away the

fatal illness, it of itself ought to kill me, for it is very thin compared with the square meals I have had all my life." Still, after months had passed, and he was getting on his feet, and giving orders for the renewal of his business affairs, he believed that he was a dying man, but not dying as fast as he had been. That was many years ago; and he is as vigorous and healthy as the strongest man that eyes ever looked upon. Yet, to emphasize his opinion of what a square meal ought to consist of, he takes nothing but ice water and buttermilk. His doctor says: "The man is fully able to eat anything, but he seems so grateful to his buttermilk diet, that he has resolved to cling to it as long as it does him good." The man himself says today: "I know I can eat anything that is fit to eat; but what is the use? As long as I feel fine and enjoy life keenly what will I gain by starting in on a line of eating that brought me to the edge of the grave?"

His case is merely an example of what can be accomplished by making use of a one-food article when it is a perfect food.

**TWENTY-NINTH EXAMPLE.**—Raw eggs make a perfect one-food; and, when taken with milk, they blend together. This is the most modern hospital treatment for consumption. But eggs are not so clean a food for the body as milk; and the yolk of an egg is less to be desired than the white. In most cases the white is to be preferred. People who have lived for months on raw eggs and milk have thrived fairly well; but where the white only has been taken with the milk, the health has shown more marked improvement.

**THIRTIETH EXAMPLE.**—There are a number of instances where whole wheat, freed from its bran, has been eaten in pudding form. By boiling it in a bag, and then eating it with sugar and milk, or with milk alone on it; or by cooking it in a water like corn meal mush, and eating it with milk or with sugar and milk, or with butter only; a one-food diet has been established that seemed very effective. To make the test, one man agreed to live on this food three times a day, drinking water only, and never allowing anything else to enter his mouth; the diet to be continued as long as the man could stand it. He was in perfect health to begin with although sometimes troubled with indigestion. At the end of six months, he stated that he liked the effect of the diet, as he seemed to be better qualified for mental and physical duties than ever before in his life. He then continued the plan for six years, with such

results that a scratch or cut on his body or any flesh wound, no matter how deep, will heal instantly, showing a high degree of health not hoped for by the most sanguine scientists.

**THIRTY-FIRST EXAMPLE.**—Following the first stages of the experiment just referred to, we had a large number of invalids adopt the whole-wheat pudding diet. Most of these people were afflicted with gastritis, and were also victims of rheumatism, neuralgia, headaches and poor blood. Some took kindly to the food after the first week, although not one cared for it in the beginning. It distressed a few, but they were assured that the trouble would disappear as they pursued the diet. In three months, all were well; and today most of them are still using the pudding diet for their breakfasts, while a few of them still use it for both breakfast and supper. But there is no person to be found anywhere who looks to possess better health than each and every one of these sensible people.

**THIRTY-SECOND EXAMPLE.**—In place of whole wheat, the attempt has been made to substitute corn meal for a one-food diet. But, after a few weeks of use, it caused sores and pimples, showing that it is not a fully balanced food to be used three times a day year in and year out. But there have been tribes that have used it in that way; and the Puritans in New England, during many years, had nothing to eat except maize or corn, varied with fish or flesh secured from hunting. Historians agree that their simple diet, made necessary by their conditions, was helpful in the building of a sturdy race in face of exposures almost unprecedented. Corn meal as a single food for a meal now and then is excellent. As the food for one meal only each day, it may be employed indefinitely. But it is not a complete tissue-builder like whole wheat, milk, eggs, oat porridge, and other foods.

**THIRTY-THIRD EXAMPLE.**—Baked potatoes, if not too new, or too old, and cooked to a mealy condition, serve as a one-food diet for three meals a day, as long as a person chooses to maintain the experiment, provided they are dressed with milk and salt. Several men who sought to find the value of potatoes as a single food, used them baked for breakfast, with salt and milk; and boiled for dinner, dressed with butter; then at evening lightly fried in butter. They found that they could rely on this diet for years, and would gain in vitality and health. Their minds became exceedingly clear, and their energy for endurance was never so



good. Yet in all the time of this experiment, they drank only water, and tasted nothing else but the potatoes served as stated. Others have tried this diet with similar results. It seems that a baked potato may be eaten by one who is suffering from indigestion, and gradually the malady will subside if only the one food is used at the same meal. The trouble comes from mixing foods.

*Rule 70.*—Variety of meals is better than variety in a meal.

This means that it is better, instead of having several different kinds of food at the same meal, to make one meal differ from other meals. We believe in variety. We used to believe that the same meal should contain different foods if they harmonized and blended in digestion; and this belief is still well-founded. But in the search for a degree of health that shall far outrank the best health ever known in the past, new rules are necessary. For this reason, and in view of recent discoveries, it is important that the conditions of body building that bring the speediest results should be adopted. If you can get back perfect health in six months by a course that is correct, and can get back perfect health in three weeks by a course that is newer to science, good judgment demands that you adopt the better method.

**THIRTY-FOURTH EXAMPLE.**—Rice and Raisins.—Several women who have tired and sickened on the heavy evening dinners that are the fashion in some places, were advised to make suppers instead and eat only Brown Rice and Raisins. The two blend as perfectly as if they are one. The rice was boiled in a way that made it very light, and the raisins were put in just before it was done, so that they received but slight cooking. This single diet proved so great a success that it became popular with hundreds of their friends. It proved a real blessing. Nothing else was eaten, and the only drink was water.

**THIRTY-FIFTH EXAMPLE.**—Baked Sweet Apples and Milk.—A certain class of sedentary persons have no appetite for breakfast. This indicates an abnormal condition in the digestive tract. It was cured by adopting suppers composed wholly of milk with baked sweet apples; but great care was necessary in choosing apples that were fully mellowed and ripened. This combination changed the whole character of the health wherever it was adopted. As all the participants said, "It certainly accomplished wonders."

**THIRTY-SIXTH EXAMPLE.**—A very interesting experiment was undertaken by a group of men who made up their midday meals

of vegetables in the following manner: On Monday at noon they ate nothing but asparagus. On Tuesday at noon they ate nothing but young beets. On Wednesday at noon they ate nothing but boiled onions. On Thursday at noon they ate nothing but green peas. On Friday at noon they ate nothing but green beans. On Saturday at noon they ate nothing but stewed parsnips. No bread or meat or other thing was eaten, and the only drink was water. This is an extreme diet; but it showed in its results that it is right and what nature intends. The finest horses may be fed on nothing but pasture grass for six months, and thrive on the single food. The stomach of the horse will not stand as much abuse as the human stomach. We are not teaching the vegetable diet for humanity, but are showing how much value nature places on the one-food method. It is in fact the only way of escaping the ills of life.

**THIRTY-SEVENTH EXAMPLE.**—We have spoken of certain men who could not eat baked beans in connection with other foods at the same meal, but who could eat a large quantity of baked beans at the same meal if nothing else was taken, and if the only drink was water. This fact has been verified hundreds of times by others who wished to try the experiment. So there are persons who cannot eat brown bread with other foods, but who can make a whole meal of nothing but brown bread with safety and benefit. The stomach troubles disappear.

**THIRTY-EIGHTH EXAMPLE.**—Reporters who do night work are fond of oatmeal for supper. In connection with a variety of foods, this proved too heavy. We advised them to eat nothing but oatmeal during the meal, and to drink nothing but water. The result was that they ate more of the oatmeal and found that it agreed perfectly with them. The same advice has been given for breakfast to those who have hard work to do in the daytime. A morning meal of nothing but oatmeal is decidedly an advantage; while the eating of other things with it, is a disadvantage both to the health and the ease of digestion.

**THIRTY-NINTH EXAMPLE.**—**SAMP.**—A breakfast of nothing but oatmeal with milk, or with sugar and milk, is very refreshing. For sedentary people it is too heavy if continued day after day. Samp is a splendid substitute for those who do not have hard work ahead, although samp is equal to any demand that may be made on the vitality; but, being free from the hull of the grain,

it is not so rough as whole oats. A party of men once said to us: "We would like advice as to what we should eat for breakfast for the next two weeks." Our reply was, "Try samp and milk, with as much or as little milk as you prefer." A month later these men said in effect, "Our health and general vigor have so much improved that we have concluded to adopt this one-food breakfast all the time. Will it be best to do so?" The answer was that nothing could be better; and the after results have proved the correctness of the advice. The only trouble is that the food is low in price and therefore not appreciated.

FORTIETH EXAMPLE.—We entered a competition as follows: One hundred men were selected. Fifty of these were chosen by lot for our test, and the remaining fifty for medical advice. The contest was between the food that the Ralston Health Club would select for three months' breakfasts, and the food that the best medical advisers would select. Our fifty men were told to eat samp and milk every morning; nothing else to enter the stomach except water; and the amount of milk to depend on the choice of the men, each according to his desire. The fifty who were advised by doctors had an elaborate plan of eating arranged for them, averaging five articles at each breakfast. The other meals were to be chosen by the men themselves without any advice, hint or suggestion whatever. The fifty men who fed themselves mornings on samp and milk for the three months were, at the end of that time, brought together with the fifty men who had been advised by doctors; and the difference was so sharply shown in the brightness of the eyes and the clearness of the skin that the doctors themselves admitted that the one-diet method was by far the best. The general health was also fifty per cent. better in our fifty men, and this spoke volumes. Since then the medical men have become enthusiastic supporters of what they call the mono-diet, and many articles have been published by them on that subject.

FORTY-FIRST EXAMPLE.—When there is but one kind of food at a meal, it is not usual to over-eat. When there is a variety of foods at the same meal, there is always a great temptation to over-eat, which is a direct abuse of the stomach and health. Over-eating is one prolific cause of the presence of the First Enemy in the body. To fight this enemy is important at all times. Added to the advantage of the one-food diet, is the habit of salivating the food thoroughly in the mouth. The result is that no more



will be eaten than the system can dispose of, and this means the end of the First Enemy.

**FORTY-SECOND EXAMPLE.**—A pudding made of corn starch and eaten with as much or as little milk as may be desired, is an excellent evening food, and has been used alone at the supper table, always with advantage. It shows one of the many things that can be used for a one-food meal, adding variety to the different meals, but omitting all variety in any one meal itself. This distinction is very important. It has been found to be better to change completely from one kind of food to another, and thus bring variety to the diet, without using two foods at the same meal. Of course humanity is not ready to adopt this method yet, for it prefers to spend a dollar for a variety of foods that mean nothing to the health, in place of five cents that will bring perfect health. People waste ninety-five cents in every dollar they spend today, and at the same time protest against the high cost of living.

**FORTY-THIRD EXAMPLE.**—Meat Stews that are made only of meat cooked in water and duly seasoned, may be eaten with bread or potatoes, or both, as an approach to a one-food meal. The water should not be allowed to steam away, as the remaining water would contain old age matter. This dish is a common one, but is spoiled by other foods at the same meal that do not digest with it. There are many thousands of people who make a noon meal of this kind, omitting all else, and taking no drink except water. Coffee holds back digestion, and tea poisons the food.

**FORTY-FOURTH EXAMPLE.**—Vegetable Stew made up of the nutritious roots, such as beets, turnips, carrots, parsnips and celery, while not a strictly one-food dish, serves as a valuable approach to it. Meat may be added when desired. The stew should not be cooked by open boiling which sets free the valuable parts of the water and the vegetables; but should be confined as closely as possible to keep the distilled water in the contents. The value of this dish is in the fact that it alone constitutes the whole meal. It is by mixing other foods with it, or in preceding or after courses that the harm comes.

**TWELFTH LAW.**—**Two of the Life Enemies, the First and the Third, may be overcome by the adoption of one-food meals.**

It must be understood that this Law refers to meals that contain only a single article of food, not to meals that are all based on one food alone. The distinction must be kept at all times in mind. For instance, it is easy to arrange a whole week of meals, twenty-one in all, each containing a single article of food, and yet all twenty-one different from each other. On the other hand, if you are suffering from some malady that your best medical advisers pronounce incurable, and your life can be saved by adopting one food for all your meals until you are out of danger, you are quite sure of making the sacrifice for that end. Ordinarily you wish your food to please you; but life and a plain diet for a while, are better than an early death celebrated by the pleasures of eating.

The First Life Enemy is the broken down tissue within the body, referred to under Rule 29. This tissue, like any dead matter, generates the poisons on which diseases are based.

While you may easily arrange twenty-one meals for the week, each different from all others, and none containing more than one food, it is not necessary to be so exact. The only point is to prepare each meal of one food, and then repeat that meal as often as you relish it. The first attempt will not please you, for your system is loaded with dead tissue and poisons that repel all wholesome offerings. The more you are out of order, the less you will appreciate the right kind of food. A normal and healthy body takes kindly to milk; and, when there is a dislike for milk, or a rejection of it by the stomach, it is certain that there are poisons in the blood, gastric juices and membranes that make the milk seem very objectionable. So you may take this rule as a guide: When milk is unwelcome, your body is loaded with the dead tissue that sooner or later must invite disease.

Try your ingenuity.

Write down here in pencil a list of twenty-one meals that are composed of such foods as will please you or at least be welcomed by you, suiting them to your tastes abetted by your best judgment. Do not write them in ink, for they must be changed from time to time, as your health becomes perfect and your energy and vigor increase. The Ralston Health Club, of Washington, D. C., will be glad to have copies of your first list, and of any changes you may make from time to time.

REFERENCE LIST OF ONE-FOOD MEALS MADE TO  
SUIT THE TASTE AND JUDGMENT OF.....

|                                |  |
|--------------------------------|--|
| For Breakfast Sundays .....    |  |
| For Dinner Sundays .....       |  |
| For Supper Sundays .....       |  |
| For Breakfast Mondays .....    |  |
| For Dinner Mondays .....       |  |
| For Supper Mondays .....       |  |
| For Breakfast Tuesdays .....   |  |
| For Dinner Tuesdays .....      |  |
| For Supper Tuesdays .....      |  |
| For Breakfast Wednesdays ..... |  |
| For Dinner Wednesdays .....    |  |
| For Supper Wednesdays .....    |  |
| For Breakfast Thursdays .....  |  |
| For Dinner Thursdays .....     |  |
| For Supper Thursdays .....     |  |
| For Breakfast Fridays .....    |  |
| For Dinner Fridays .....       |  |
| For Supper Fridays .....       |  |
| For Breakfast Saturdays .....  |  |
| For Dinner Saturdays .....     |  |
| For Supper Saturdays .....     |  |

This is called your Reference List because you must have some list to which to refer, as no person can give off-hand orders for meals, and a record is always depended upon.

Do not make the list too plain. Be liberal with yourself. The Examples to which we have referred, forty-four in number, are based on the fight for perfect health against weakness and disease. The first great fact to be recorded in your one-food list, is the singleness of the food; and, when you seek a combination, let it be in the form of one dish only. There is no good reason for cooking or preparing two dishes for the same meal. One is bound to be more or less useless, and it costs money and labor without return.

You know what foods agree with you.

Let that agreement be your guide.

If you prefer a plate or two of buckwheats with butter, or with syrup, and they give you strength without distressing your stom-



ach, then take one such meal, eating nothing else, and drinking nothing but water; but one such meal a week is enough. If you can digest perfectly a plate of baked beans, take them, but take nothing else at the same meal. Once a week is enough for this kind of food; and, if you are not well, it will do you harm. It all depends on your condition, and what you are seeking. Your system will soon respond one way or another to each kind of food.

A multi-millionaire whose health had been almost ruined by the many great dinners his wife had given to meet the demands made on her by the unwritten law of social position, was seen to pretend to eat of every course when in fact nothing actually entered his mouth except a sip of water once in a while. After each great banquet was over, he slipped away by himself and ate a big meal of boiled whole wheat pudding, with a little cream and sugar. He ate it in the following manner: In a large dish the hot pudding stood. In front of him he had a saucer into which he would put a small amount of the hot pudding, and on this he dusted enough sugar to make a melted coat; then he poured some ice-cooled cream in the front part of the saucer, pulled down a small part of the pudding into the cream, and ate that. This method he repeated many times until he was satisfied. With a smack of his lips and a smile of genuine pleasure he looked up and exclaimed: "A dinner fit for the gods! And I mean it."

This departure from the graveyard, sepulchral banquets of high society gave him some things that his social set did not acquire.

1. Renewed health.
2. Enjoyment of life.
3. Ability to attend to his business intelligently.
4. Freedom from that endless, eternal inward pain and distress that he took to bed with him every night, got up with every morning, and carried about with him every day. All that misery came to an end.
5. Escape from a growing irritability that made him curse everything everywhere all the time. He said, "Indigestion puts a demon in every man who otherwise would be of gentle disposition."

**THIRTEENTH LAW:—The Second, Fourth and Fifth Life Enemies are overcome by Food Selection.**

These three Life Enemies are all that remain; and all five are conquered in the manner set forth in this and the preceding Law.



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## EIGHTH SECTION

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# A NEW BODY



OW COMES the great inquiry, what shall we do with the body that lacks perfect health? What shall we do with the temple that holds more bad material than good in its composition? The medicine that we take adds nothing; most of it drives away, by a rough process, a portion of the accumulated decay that floods all the organs and tissue. Five hundred years ago, the doctor said: "You must get rid of a lot of bad blood and matter in your body; and then it is time to use better material to take the place of what you drive off."

The theory was perfect.

The same theory prevailed five thousand years ago. We sum it up and see that it looks right:

1. Get rid of the bad.
2. Re-build with the good.

If you were to live ten thousand years hence, that theory could not be improved upon. First get rid of the bad; then build with the good material.

In the whole history of medicine the one effort has been made to get rid of the bad. As the bad circulated largely in the blood, they bled the patient. George Washington was bled to death by doctors, and under a method that was centuries old. It shows how close we stand to the barbaric past. They bled the sick with lances. Then they bled them with leeches; and these blood-sucking worms were cultivated and sold to doctors in great numbers all through the civilized world. If you pick up any book of

the old times, you will see the doctors called leeches. To "send for the leech" meant to send for the doctor.

By the blood-letting method a large part of the blood was let out of the body; and as far as it contained bad matter, that too went out; but the same proportion of bad matter remained in the body, which could not be let out as the patient would die from lack of blood. This barbaric practice in time yielded to the rising sun of better sense.

It was finally agreed that there was much bad matter that could be forced out through the skin; so sweating was resorted to, and soaking of the feet accomplished a part of the same end.

It was also known that the digestive tract contained a great accumulation of poisonous matter; and this could be physicked out by physics; and the doctors were ever afterward called physickers, or physicians; and are so called even unto this day.

The double method has never prevailed in fact; for, as soon as the bad matter was got out, or as much of it as was possible to get out, the same bad habits of eating were retained. Of what use is it to remove the decay from a temple and bring in more decay? It is only when a patient is convalescent that care is taken in the selection of food; after that stage has passed it is understood that no care is necessary. For this half-used method the world has paid the penalty of being constantly physicked. Ninety million people in this country last year took physic. The pill habit is everywhere prevalent. Look in your daily papers and read the advertisements telling of the merits of endless kinds of physic. Where is the good old castor oil of our youth? What millions yearly use its offspring, castoria, a household word? What millions use another remedy for clogged systems? What millions use still another purgative? What other millions use the pills that work while you sleep? What other millions use the fig preparations to loosen the bowels? What other millions use this, that or the other? Why, in a city of less than five hundred thousand people a **WHOLE CAR-LOAD** of physicking medicine enters **EVERY WEEK IN THE YEAR**, year in and year out! And this is true in the same ratio all over the country.

Why are these physicking medicines taken?

To drive out of the body the material that should never have been put in it. In every million dollars that is spent for food, there is a value of nine hundred thousand dollars that must be



physicked out of the body to ward off sickness. Surely we do not live in an age of intelligent civilization, when nine dollars in every ten must be physicked out after it has been eaten. This practice is universal. As a doctor recently said: "I have practiced my profession for forty-seven years. In that time the people have put unfit food into their bodies and physicked and sweated them out; then more unfit food has been put in, and driven out; then more in, and out; in and out; in and out; in and out; and this see-saw game of life has been the steady occupation of the human race."

If you are sick and send for a doctor the first thing he does is to "clean you out." This he does by medicines that act on the bowels and on the skin; he physicks and sweats you. Both these methods are weakening. They both take a lot of the good with the bad, and you need all the good you can get. Physicking is only a slight improvement on bleeding.

But what is the remedy?

If once you were really cleaned out, the thing to do is to avoid getting filled up again with dead tissue and poison matter. But until you can get cleaned out, it is useless to talk of that. Yet the sweating and the physicking do not clean you out in the one way that is needed; for your organs, your blood, your tissue, your bones, your skin, your nerves, are all clogged with dead tissue; and the plan of emptying your bowels does not reach the main zone of the trouble. Nor will sweating. There is but one true way and it is as old as humanity itself.

Some hasty readers may believe, because we mention a fact, that we advocate it. You must read far enough to find out the difference between a statement of history and a recommendation of the thing referred to. For thousands of years the practice of fasting has been employed as the only possible way of cleaning out the poisons of the body and its organs and tissue. This method is probably as near to nature as anything can be. It reaches every part, large and small, near and far, in the whole body, while physicking and sweating reach certain avenues only. In fasting, all parts give up some portions of themselves, and the broken down parts are first disposed of and cast off. No decay or poison is omitted. All must go. When the fasting is continued beyond the poison stage, the main strength of the body must go; and that

is where fasting begins to do harm. Nature never intended it to be used to tear down good structure.

So necessary has this method of cleaning out the system been to the life and safety of the body itself, and so reluctant have people been to practice it, that every religion on earth from the beginning of records and long before, in all probability, has incorporated in its requirements the practice of fasting. Read the commands of any sect you please, in this or any age where religion was supreme master of the lives of the people, and you will find fasting taught and made imperative. No theology has existed without it.

There are several kinds of fasting.

One method includes many weeks.

Another method includes many days.

Another method includes one day in every week.

Then a set of leaders advises the omission of the supper all the time in order to prepare the body for a breakfast appetite.

Still another set of leaders advises the omission of every breakfast in order to clean out the body before the noon meal is taken.

Others advise the omission of the noon meal on the theory that two meals a day are enough.

Here are the results that have been secured by thousands of experiments covering many years:

1. The fast that requires weeks of denial of food ruins the body, mind and vitality; and there is never a case of complete recovery from it. If the purpose is to subdue the energies of a resistant follower, the plan is perfect. Earthly hopes recede and the hereafter is the only solace to the long-term faster. This is rebellion against the laws of nature. During the period of development and ripening in this world, every human being must be loyal to the great mother that has bestowed life. The human body is a temple that cannot be maltreated in the hope of rewards hereafter. There is no more reason for torturing the beautiful child than there is for torturing the useful and noble manhood and womanhood that unfolds its character on this planet.

2. The fasting that embraces a period of many days is wrong when it reaches that dividing line where the poisons have been thrown out of the body, and the main structure is being torn down. The purpose of fasting ends when it ceases to be a cleanser.

3. The plan of fasting one day in every week, by wholly omitting all food, is sure to ruin the mind and nerves. All fasting is useless unless it is followed by the process of re-building a new body of new and better material. One fasting is enough; for, after that is over, the cleansed body should be rebuilt in such a way that no more cleansing is necessary. This failure to build anew with perfect material is the ONE GREAT ERROR of all time. Why should you clean a house if you are to bring back the dirt as soon as the cleaning is done? Why fast, if you are to go along in the old ruts, and eat the very things that you are trying to get out of the body? Why take physic and drive off the poisons, if you are to keep on eating the very things that produce the poisons?

4. The omission of all the suppers is an equal error. It implies that the poisons are to be driven out by fasting, with no regard for the kind of food that is to follow. Omitting one supper is the cure for a failing appetite in the morning; for no person is healthy who lacks a morning appetite. The word breakfast came from two words, break fast, and the fast broken was the long interval between the supper and the meal of the following morning; generally twelve hours or more. The person who has no appetite for breakfast, gets very hungry towards evening and over-eats at a time when the least eating is necessary. What you take into your stomach at the evening meal, may still be there at the morning; or, if not in the stomach itself, may be sluggishly moving along the digestive tract, in which case it is impossible to eat a proper breakfast. The cure of this abnormal and morbid condition is not the omission of the evening meal, but changing its foods to those that digest quickly, and all in harmony, with the quantity reduced. There is no greater folly than the eating of long-time foods in the evening; let them all be of the ONE-HOUR CLASS; one kind of food only at each meal, and not too much of that. You will find that this method will fully take the place of the evening fasting, for it is a cleaning process equal to the best fast ever known.

5. The plan of omitting the breakfast, which prevailed some years ago, killed the inventor of it, and ruined all persons who adopted it. It sought to turn the laws of eating upside down; to omit the power-supply of the day, which should precede the day's energies; and to bulge into bigness the clogging meal, which is



the heavy dinner at the end of the afternoon or early in the evening. If you cannot eat more than one meal in a day, let it be the meal that gives the power to work on; which is the breakfast. Napoleon used to give his soldiers a full meal before a battle; the old theory was: feed them after the battle, as there will not be so many to feed, and hungry soldiers fight more savagely. Theories are not so safe as facts. Napoleon learned that food gave strength on which to march and to fight, and he won his battles until his own body was wrecked by an incurable disease that made his campaigns too arduous for him to combat the growing power of his enemies. Most doctors say: eat to repair the waste. The fact is, the waste does not need repairing, for that means the clogging of the system. Activities carry off the dead tissue; rest piles them up and makes fasting and physicking necessary. No repairs are required until the dead material has been removed. The reasons for eating are:

1. In the morning eat to supply the fighting strength for the battle of the first half of the day. Life's duties and activities are the battle.

2. At noon eat to supply the fighting strength for the battle of the last half of the day.

3. At the evening meal eat ONLY to supply the strength to carry on the involuntary functions of the organs until the next morning: circulation, respiration, the engines of the skin-pores, the waves of intestinal motion, the beating of the heart, the work of the kidneys, of the liver and other parts; these are to be given their power by the evening meal; and there is no other energy needed unless you are a night-worker. Never think of repairing waste tissue during rest. You cannot repair a clogged body.

Use the material that you eat, *after* you eat it, and do not imagine that you can use it before you eat it. You will not have a clogged system if you eat to give strength to the activities that are to follow.

### HOW TO BUILD A NEW BODY

There are two steps to be taken in building an entirely new body:

1. Get rid of the old material.
2. Use nothing but good material ever after.

In the past, the many methods of getting rid of the old material were only half-way means; but, even then, they were not followed

by the use of perfect material. No attention was paid to the kinds of food that were eaten. People physicked and sweated out of their bodies ninety-five per cent of all the food they put in. And now the cry is, fast and starve, in order to get rid of the bad; but no thought is given to what kind of food is to follow when the bad is out.

Take your own body for instance: It is necessarily filled with broken down tissue: every organ, bone, nerve, muscle, and cubic inch of flesh is the storehouse of waste matter. It could not be otherwise, for change is going on every second and change means the tearing down of the life that has been built up. If you have never built a new body, you have that task to perform. If you perform that task, you will then possess a new body, but you will not retain it unless you supply it with material that is free from the imperfections of the past.

*Rule 71.*—The best goal of earthly life is a perfect body.

*Rule 72.*—The quickest way for a person who is not well to secure good health is by building a new body.

*Rule 73.*—Health that seems perfect is not perfect until the body is built anew.

*Rule 74.*—Immunity from sickness, disease and contagion can be secured only by building a new body.

*Rule 75.*—The human body that has not been built new is the seat of disease-breeding soil, and it is only a question of time when disease or contagion will enter it.

*Rule 76.*—When the body is built new, all disease-breeding soil is removed and should remain away forever.

*Rule 77.*—The first step in building a new body is taken when a fast is employed to drive out all the waste soil that is present in the body.

*Rule 78.*—The fast should be just long enough to get rid of the broken down tissue, and no longer.

*Rule 79.*—The second step in building a new body is taken when all congested tissue is healed.

*Rule 80.*—The third step in building a new body is taken when the repair of the wasted parts is made by the introduction of perfect material.

*Rule 81.*—The fourth and final step in building a new body is taken when a permanent diet is established that will not permit any of the Five Enemies of Life to secure a new hold on the system.

## THE FIRST STEP

**OMIT THREE MEALS.**—These three meals are to be successive; and all on one day. Drink nothing but water, and all you want of that. The last meal before the fast is to be at about six o'clock in the evening. After that meal, eat nothing that night, and nothing the next day or night; so that you may be sure of thirty-six hours of no eating. The first meal to be eaten is on the morning following the day of fast, and not earlier than six or seven o'clock.

**SLEEP ALL YOU CAN.**—It is better to begin the fast after supper on a Saturday evening, so that you can get sleep on Sunday during the day, for a few hours at least, as well as at night.

**EXERCISE WHEN NOT SLEEPING.**—Assuming that you are able to take some exercise, such as standing, walking, or other action, while not sleeping, it is best to adopt this practice to the fullest extent of your strength. If you are weak, move about but little. But if you are strong, make your body as active as possible.

## THE SECOND STEP

**HEALING THE CONGESTED TISSUE.**—There can be no broken down matter in the body unless it is attended by some degree of congestion; for, wherever that dead matter touches, it poisons the parts. When you remove it, the parts are left still congested but free from their life long enemy. The work of healing those congested surfaces is the step now to be taken. Pure albumin is the only direct and instant healer of congested tissue. The only form of pure albumin is found in the white of an egg. This will heal a sore throat, sore stomach, sore intestines, sore lungs, sore breathing-passages, and all inward soreness in the body. Such soreness is often without pain. Whether you think you possess it or not, the method is the same:

**FIRST NEW MEAL.**—On the morning after the day of fasting, drink cool water freely; then take into the mouth the white of a raw egg, holding the white in the mouth and throat as long as possible. Then very slowly drink a little cool water. Wait three or four minutes, and take another white of an egg in the same way. Again wait three or four minutes and take the white of a third egg in the same way. Repeat until the whites of five raw



eggs have been taken. During the forenoon drink as much water as you crave.

**SECOND NEW MEAL.**—At noon of the same day, drink some water. Then take the white of an egg beaten or whipped in a third of a glass of new milk that has not been boiled or sterilized. Swallow each mouthful very slowly, until this has been all taken. Rest five minutes; drink water; then take the white of a second egg beaten in a third of a glass of new milk. Rest five minutes; drink; and take the white of a third egg beaten in a third of a glass of new milk. During the afternoon drink as much water as you crave.

**THIRD NEW MEAL.**—At about six o'clock in the afternoon, repeat the noon meal in exactly the same way prescribed above. During the evening drink as much water as you desire. This first day after the fasting consists of healing foods. You will have taken the white of eleven raw eggs, and two glasses of milk. Do not throw the yolks away. Cook them hard, and keep them for future use. They are splendid tissue builders.

**CAUTION.**—If your stomach is badly congested the use of healing foods may produce temporary ill-feeling, and possibly dizziness or unpleasant sensations. This is overcome by drinking hot water freely just before taking the whites of eggs.

### THE THIRD STEP

**REPAIRING THE WASTED PARTS.**—The second day after the fast is to consist of new material that is specially designed to carry on a system of repair in a perfect manner. This requires some good round steak that is lean, sweet and fresh.

**FOURTH NEW MEAL.**—This is the breakfast on the second day after the fast. Take, on the day before, a few pounds of lean round steak, and put them in a glass jar, adding a cupful of cold water for every pound of meat. This will be put in the glass jar. Now set the jar in a kettle of water on the back of the stove where it will slowly heat but not boil. Let it remain for an hour or two. Then strain the contents of the jar, and press the meat in a lemon squeezer to get all the juice out. Before it begins to heat, add a stalk of celery to flavor it. When ready to use, add plenty of salt, and the least bit of pepper. For the Fourth New Meal which will be the breakfast on the second day after the fast day, heat this

beef tea, but not hot enough to reach the boiling point. Have some old bread, either white bread or whole wheat bread that is two or more days old; toast this to a light brown, cut in small cubes, and drop in a big bowl of the beef tea, having the latter hot and well seasoned. Eat slowly, turning over the bread and the beef tea in the mouth.

**FIFTH NEW MEAL.**—On the noon of the second day after the day of fasting, repeat the Fourth New Meal; wait ten minutes; then repeat the Second New Meal, which was the dinner of the first day after the fast.

**SIXTH NEW MEAL.**—This is the evening meal of the second day after the day of fasting. Repeat the Fourth New Meal.

**SEVENTH NEW MEAL.**—This is the breakfast of the third day after the day of fasting. Get a pound or two of fresh round steak. With a sharp knife scrape across the grain until all the pulp is removed from the fibres. Put this about a third of an inch thick on a large slice of old bread; then add salt to taste, and the least bit of black pepper. Put in a hot oven until it is hot but not changed in color. Eat slowly.

**EIGHTH NEW MEAL.**—This is the dinner of the third day after the day of fasting. Repeat the Fourth New Meal; wait ten minutes; then repeat the Seventh New Meal.

**NINTH NEW MEAL.**—This is the supper of the third day after the day of fasting. Repeat the Eighth New Meal.

### THE FOURTH STEP

**THE PERMANENT MEALS.**—On the morning of the fourth day after the day of fasting, begin the regular and permanent meals. They should for one month be based solely on the foods in the **ONE HOUR CLASS** which have been elaborately described in a previous Section of this book. At the end of the month, it will then be allowable to add any of the two foods from the **TWO HOUR CLASS**, always remembering to adhere at the same time to those of the **ONE HOUR CLASS**. Never touch any of the foods of the other Classes. Your future eating is to be confined wholly to the things that are digested in one hour, and in two hours. Do not blend in the same meal the foods that do not digest at about the same time. The test is in the disposition of the stomach and intestines to collect gas or wind, which is the same thing. That is always an indication of danger. Take the

warning and act upon it, for it shows that you are eating foods that do not digest together.

Adopt also, as far as possible, the great principle of one-food at a meal. We know that you cannot do this when someone else cooks the meals.

*Rule 82.*—Variations from the foods of the ONE HOUR CLASS and TWO HOUR CLASS may be found and used to advantage.

Thus we know of strong men who make a whole meal of nothing but shredded wheat and cream; and of others who find strength in puffed rice and also in puffed wheat. Unpolished rice is coming into the market; and when it does, it will be a blessing to humanity; for ordinary rice is a weak and unbalanced food unless eaten with plenty of milk. Insist on getting unpolished rice. If your dealers do not carry it, apply through the Parcels Post for it in the great cities; but keep asking for it until you get it. Then that kind of rice that is almost the sole food of the warlike Japs, will prove one of the best forms of food that you can find.

*Rule 83.*—Steps that are revolutionary in eating can be taken gradually and bring about the results desired.

If you are ordering your meals by the card, you are at liberty to order what you wish and as much as you wish. Thus we know of reporters who will order two dishes of oatmeal at a restaurant, and nothing else. We know of others who make arrangements to get double-size dishes of one kind of food, instead of ordering a number of things.

In a hotel where you pay for a number of courses, you do not feel like omitting many; it seems bad business policy to pay for a thing that you do not eat. In such case you have no way out of the difficulty.

In a boarding house, unless you can make some arrangement with the lady who controls the table, it is probable that you have no means of escape from the many kinds of food that are hurtful. The scant quantities at best, arouse in you a degree of hunger that will not permit you to select your food; you are glad to get something to eat.

In your home, if you employ a cook, you cannot very well lighten her burdens by a simple diet.

If your wife cooks for you, she will not be pleased to be told that her mixtures are not the best for health. Most men find it harder to convert their wives to plain cooking and simple eating,



than to revolutionize a paid cook. If you are a woman, and cook for your husband, or employ a woman to do that work, your husband will not like any curtailment in his eating; he prefers variety to health. It may happen that both husband and wife are converted to the truth at about the same time, in which case they may pull together in saving ninety per cent of the labor of house-keeping and ninety per cent of the cost of living. But heaven has not yet come on earth, and the probability is that you will be compelled to work out your health and safety without the aid of any member of your household.

In your honest desire to get well and to stay well, in your fight against the encroachments of disease which you know very well will soon fell you, in your effort to bring your habits closer to the intentions of nature and the purposes of the Creator, in the midst of your progress towards the only sensible solution of the fearful problems of life and death at the present day, you will be called a crank. Those who do not say so out aloud will think it. There has never been a revolution that brought untold blessings to humanity, but the common herd heaped abuse on the heads of the men and women who moved steadily onward to the new plane of existence. The common herd is not found in any one class; it is as often present in the gilded youth, the idle rich, and the thoughtless upper ranks, as in any other part of the human family.

In taking the step that shall cause you to select your foods properly you will have on your side the following influences:

1. The laws of Nature.
2. The commands of the Creator.
3. The dictates of common sense.
4. The exact needs of the human body.
5. The attainment of perfect health.
6. A life of real enjoyment.
7. The mastery of old age when that comes, as come it must; all free from the loss of a single faculty; hale, hearty, and useful for many years beyond the span of life allotted to others.
8. A feeling of security against all manner of sickness.
9. Your own conscience.
10. Superior mental and physical powers.

Here are TEN influences that will be found on your side, working with you, helping you, if you have the courage to stand up for what is right.

What are the influences that are to be counted against you in your fight for perfect health? Let us take an inventory:

1. The shiftless cook who does not want to be told anything new.

2. The indifferent house-keeper who has been brought up in the old ruts, like the Chinese, and who is insulted at the suggestion of making a change in her methods.

3. The unthinking, thoughtless, don't care classes, who prefer to suffer and drug themselves, instead of making an effort to get well and stay well.

4. The doctors, surgeons, hospitals, druggists, medicine makers, undertakers and grave diggers, will have their income lessened by a general uprising of humanity on the side of better health.

Here are ten influences in your favor; and four against you.

Which side do you prefer? Are the TEN aids stronger in your life than the four opponents? If so, then, can you stand the quiet scoffs of the class that is associated with your four enemies?

Having chosen your company, the next thing to do is to go quietly about making the reform as far as you yourself will be involved. If you are in earnest, others will see it, inquire the cause, and join you very soon. That is the way all great movements have proceeded.

Quiet streams, or those that make the least noise, are the deeper ones and bear greater burdens easily. You have no need of attracting attention to yourself. There will always be ways and means of accomplishing easily the things that you make up your mind to achieve.

If you cannot find the one-food diet that you prefer, lessen the variety at each meal to a few foods, always avoiding the things that you know are not the best for you. At a hotel in Boston last fall, several persons were eating only the plainer foods, and seemed to enjoy them; and another person who had witnessed them for several meals, approached one of the party and said: "Pardon me, but may I inquire if you are Ralstonites?" The answer was in the affirmative, and a friendship followed that was pleasing to all. The same thing has occurred many times among passengers in crossing the ocean; the manner of selecting food at the table was noticeable only to Ralstonites; all others seeing nothing unusual.

Do not try to make converts to the rules of common sense by arbitrary arguments; but rather look at the matter from the stand-

point of the opposing party, and gradually bring about a change of opinion by gentle methods.

At home do not set up a new régime in a sudden manner, as that only serves to antagonize your family. The better way is to omit the foods that you know you should not eat, and to eat more of the kinds that are suited to you. By this method you will, little by little, drift towards the one-food method.

You will not find things at home convenient for the adoption of any new plan of eating or cooking. Rather than call for sweeping changes, it is better to accept things as you find them, and swing them gradually around to your methods.

By using judgment you will be able to bring about a complete revolution in the community in which you live.

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Now we are about to make a test of your good sense, of which we believe you have a very large share.

Go back to the Second Section of this book and read again the Experiments therein described. You will note the extraordinary fact that Bones, Skin, Brain, Heart and other parts of the vital body, after being taken out and placed in cold storage, or without being put there, have been furnished with life-heat and good blood for nutrition; and these parts have been made to grow and to perform their functions.

As a clear example of the process of nature, refer back to the experiments made with fragments of a live heart; some of which were tested immediately after being taken from the body; and others were kept in cold storage and then given the same tests. It made no difference how long they were kept, if their condition was good. As soon as they were given animal heat and good blood, these pieces of heart began to BEAT and to MAKE MORE TISSUE of their kind. They built heart tissue, and they entered upon the active duty of beating just as the whole heart would do in the body.

In order to effect this wonderful result, two things were very important:

1. All waste and poisonous matter must be kept from the parts; and broken-down tissue must be removed as fast as it occurs.
2. The blood must contain only the best forms of nutrition.

As long as both these requirements were observed, there was life and progress in the parts of the heart; but as soon as either of



the requirements was neglected, the part suffered and showed signs of dying.

The lesson we wish to draw is this:

The blood that fed the live parts of the heart, was made from only the most perfect food. What enters the stomach determines what shall be the quality of the blood that is to be made.

You have a list of the foods that re-build a body, that give you a NEW BODY; those foods will make the most perfect blood.

You also have a list of the ONE-HOUR FOODS, and another list of the TWO-HOUR FOODS, which are acknowledged to be the only foods that will build perfect blood.

Your organic life is within your body. It will grow in just the same way as the parts grew in the experiments; with the poison removed as they are made, and with perfect blood for food.

Now suppose that, in the Experiments of the Second Section of this book, you were to offer the vital parts some blood made up of pork, Saratoga chips, crisps, piecrust, alcohol, tea, tomatoes, baked beans, fried eggs, fried ham, sausage, mince-meat, spices and the like, do you think the vital parts would have gone on doing their work? It would have meant their quick death.

That is exactly the condition in which you place the organic life of your body, by your selection of foods that do not make perfect blood.

These tests have been made as stated.

They are living facts. They show the remarkable law that tells us that each organ of the body sustains itself from the food that is offered it, and that it is an independent world of its own.

What does your good judgment tell you?

Are you the slave of your palate when that organ is misled by the poisons that control your life; or is your mind superior to your mouth? Men crave drinks that fell them in time; and, on the same principle, the palate misleads most persons through a depravity of taste. There is just as much intemperance in the eating of foods as in the drinking of alcohol. In all such cases the mouth is the master.

## THE GIANT PRINCIPLES

In closing this important and newly established system of life-building, it is deemed advisable to conclude it with a summary

of the giant principles that must control all methods that seek perfect health.

1. Every organ and section of the body is self-sustaining, and is endowed with independent powers to re-build itself when it is supplied with proper nutrition. Under right conditions, it will re-build itself in a remarkably short space of time and produce results that are amazing.

2. The first great stimulus is the supply of proper nutrition from foods that are suited to the needs of the human body. But even such foods in wrong combination will fail to give up their nutrition, for the reason that they cannot be changed into pure blood except through the action of the digestive juices, known as the gastric secretions that flow into the stomach. It seems to us that right at this point we stand face to face with the great secret of nature.

3. Since this book was completed and put on the press, the forms were opened to admit a truth that has just now been discovered; and that sustains all that has been taught in this volume: Nothing could be more important than this NEW TRUTH: *It is now known positively that EACH KIND OF FOOD requires from the gastric juices a DIFFERENT MIXTURE of the secretions; and, when several differing foods are in the stomach at the same time, good blood cannot be made from them.*

4. Variety of foods, therefore, should be used in different meals, rather than in the same meal. The quickest return to perfect health must come from the use of one kind of food at a meal; the next quickest return must come from the use of only two kinds of food at the same meal, and they should be foods that harmonize under the time lists of this book. But each meal may be different from each other meal, and thus a variety may be secured. It is only a question of time when this giant principle will be adopted as a part of a higher civilization; and it will not only bring a new era of health, but will also end the useless labors of the kitchen in so far as they are a burden to the family life.



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## NINTH SECTION

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# THE GOOD RALSTON WIFE

**P**ERPLEXITIES on every hand are increasing so rapidly that the man who contemplates marriage, gasps at the awful prospect of financial and physical disaster; and declines. It is an easily proved fact that greater numbers of the most valuable men of the land are refusing every year to enter the BONDS of wedlock. By the designation "most valuable" we mean to include men who are in good health, who possess good habits, who are mentally able to carry on the battle of success, and who earn more than enough to support themselves. Such men are valuable to themselves and to the public. It has been said by a high authority that "the men who would make the best husbands are staying out of matrimony."

We can obtain a list of more than five hundred thousand such men who are classed as the most valuable and the most worthy of the men unmarried in the United States and Canada.

We probably maintain as extensive a correspondence in matters of health as any company of the kind in existence. We are in a position to know the reasons why these men prefer to remain bachelors. We furnish some of them as follows direct from the men themselves:

"I am the son of a physician. From what my father tells me, more than ninety per cent of the fair sex are victims of stomach troubles. The man who marries today stands ninety chances out of a hundred of saddling on himself for life a woman who, instead



of becoming a helpmate, will be a drag in every sense, in disposition, in opportunity, in financial expense, and in social companionship, all of which are necessary in every happy marriage."

Here is a typical letter from a man who is of the highest moral character, and in every way a most desirable candidate for matrimony; it is one of thousands of similar letters from men: "I am not yet forty years of age. I have succeeded in business, am educated, and have traveled. I have never married, although I have a high appreciation of women. More than fifty of my male friends have married, and their marriages have been failures except in one case where the wife was a Ralston girl. I do not want to ask a wife to cook for me, but I want her to know how to direct the cooking and how to take charge of food selection. That marriage is an ideal one, and I would like to repeat it for myself." This letter is, in spirit, like almost all the others.

Two more typical letters are worth referring to at this place. One is from a man who is forty-eight years old, and in it he says: "I will never marry until I can find a woman who believes in and practices Ralstonism. I want no school cookery in my home, and the old ways are wholly unscientific. \* \* \* I have an independent fortune and can pay for all the help needed, but health and happiness in married life depend on knowledge that a Ralston woman alone possesses, and I seek that above everything else." A young man, not yet thirty years of age, writes: "I am a college graduate. My classmates have lined up in two divisions. The first division are married; the second division are watching the results with a resolve to learn by the experience of others, which is easier than learning by personal experience. Well, I believe our married friends regret the step. Their wives know nothing of the hygiene of cooking, know nothing of the scientific value of foods, and nothing of the effect of diet on the health. We who are single can select for ourselves much of the food that we eat; they who are married are less fortunate. Worse than all, they have invalid wives. Something is wrong somewhere. Fewer men are marrying now than ever before in the history of civilization."

Why do men who know true human values, prefer Ralston women for wives?

1. They are sure not to marry invalids. With the high cost of living, no man wants to add the loss of the helpfulness of his wife through chronic invalidism, with increasing bills for doctoring.

Every Ralston woman is full of health, vigor and long life. She has neither the secret "pill habit" nor the "medicine habit."

2. What is the use of two persons marrying into the uncertainty of brief lives and premature deaths? Marriage should extend into full age. If you marry one who is not a Ralstonite, you will have no certainty of longevity.

3. Wherever Ralstonism has been fully adopted in a family, there has never been a divorce. More than twenty years ago we began to keep a record of all our members, and in that time, among millions of Ralstonites, there has never been a single instance of divorce or separation. Why? The answer is worth knowing:

a.—Ralston marriages avoid ill health and the costs of sickness.

b.—Under the old-fashioned cooking, inherited from mother and grandmother, eighty per cent of the value of food is lost. By Ralston methods, this immense percentage is saved; work is lessened; and money is put in the bank.

c.—The new wife is either a graduate of some "cooking-school" with its dangerous "science" of pastry and sickish food; or, else, is trained at home in the ways just stated. The result in either case is indigestion and irritability; both of which quickly drive love out of cottage and palace. *No man who has indigestion can LOVE; no woman who has indigestion can be LOVABLE!* Yet this torment follows every honeymoon except where the wife is a Ralston woman.

d.—It has been amply proved that, where indigestion does not set up wedding irritability, there is a universal condition of congestion in the membranes of the body, involving the meninges of the brain; pain is wholly absent in most cases, but there is a temperament of "unrest" that will not down; the brain is not at its best; the mind lacks that clearness and power that must be preserved in order to meet the greater demands of married life; and both parties quietly regret the step. In this age when divorces are so easily obtained, there is but one result.

e.—Men are applying now the same rules of sense to marriage that they must apply to business. What man of sense wants to enter a state, even in the name of love, where eighty per cent. of his investments in food are lost in foolish cookery, where the economy of unnecessary self-denial must be substituted for the

economy of common-sense management, where he stands ninety-nine chances in a hundred of having an invalid wife on his hands where an endless siege of congestion throughout his body is sure to keep him irritated, worried and harassed, and where his powers of mind that should bring success are clouded by loss of vitality in assimilating food that is unfit for humanity?

4. Men who do not marry Ralston women have but one future and its picture is shown above; unless they are able to convert their wives into new methods of food selection and cookery; and what woman is willing to give up her old ways for something better? *Only feminine angels!*

5. By a system of popular education, in which you can assist at once, the great value of Ralstonism in the home may be made known far and wide; and then, but not till then, will marriage cease to become a failure. To all unmarried men we would say: "WAIT TILL YOU CAN FIND A TRUE RALSTON WOMAN BEFORE YOU MARRY." To all women we would say: "PROVE TO MEN THAT YOU ARE RALSTON WOMEN." Herein alone is to be found the solution of the problems of successful marriages and the end of divorces. Any sensible person can read the writing on the wall.

Five hundred thousand men now unmarried, all comparatively young or under the prime of life, and all in good health, of good habits, of clean and bright minds, and with ample funds!

Just think of it!

Where are the five hundred thousand Ralston girls and women?

*Not in the Matrimonial Business.*—We receive a constant flood of letters from men of the highest moral character, asking for the names and addresses of women who not only believe in Ralston methods, but who also practice them in daily life. We never send such names, for the reason that we are pledged never to make known to any person, in public or private, the name of any member of the Ralston Health Club. Nor would we care to become matrimonial agents under any circumstances. It is easy enough for one Ralstonite to find another Ralstonite if both desire to meet. The emblem of this Club is the seven-pointed star, worn as a badge, medal, jewel, ornament, or as a book-mark, or design on a letter-head. We have none for sale; but you can have one made in any way you desire by your local jeweler, or other party engaged in the business. Each point of the star stands for a



letter in the word Ralston. The letters were originally taken from the seven principles that governed the early Ralstonites nearly forty years ago, as follows:

*R.—Regime*, or Regularity of Habits.

*A.—Activity* of mind and body.

*L.—Light*, or sunshine and outdoor life, whenever possible.

*S.—Strength*, or the cultivation of a vigorous body.

*T.—Temptation*, or the avoiding of extremes in everything.

*O.—Oxygen*, by increasing the activity of the lungs.

*N.—Nature*, or a partnership with the mother of life.

If you wish to find other Ralstonites who wish to find you, wear some form of the seven-pointed star. We do not sell them, nor furnish designs; your printer, or jeweler, will do that gladly.

But while we are not in the matrimonial business, and do not send out the names of any of our members, we join all worthy men and women in the hope that true Ralston men will find true Ralston girls and women, for the sake of the greater blessings to the world that will follow proper marriages between them.

And this phase of the question brings us now into a

#### HEART TO HEART TALK WITH RALSTON GIRLS AND WOMEN

This talk is private.

It is not intended for men.

We are desirous of talking only to Ralston girls, no matter how young; for girls will some day be women.

Ralston Young Ladies.

Ralston Women, full of years.

Ralston Wives, whether young or old.

Do you know that in your keeping is placed the duty of solving the following great questions:

1. The disposition of others, whether good-natured, or irritable.

2. The happiness of others.

3. The health of others.

4. The habits of alcoholism.

5. The pain of sickness.

6. The loss of time, and the burdens placed on loved ones.

7. Premature death of dear ones who might have lived for many years.

It has been proved that a naturally good disposition attends good digestion and health of the stomach; and that all irritability arises from blind congestion of the membranes that originate in the stomach and spread to all parts of the body.

It has been proved that wholeness of the health causes a rebound that brings happiness and usefulness in life.

It has been proved that all sickness arises from wrong habits of eating and living.

Alcoholism is the cry of the membranes that are irritated and congested by errors of eating and cooking; for, when these errors are overcome, all desire for alcohol ceases instantly. This fact is being proved in countless cases at the present time.

Wrong food selection and mistakes in cookery bring out not only sickness, but loss of time, and decrease of the earning power, as well as the cost of sickness, and the unfair burdens that are placed on those who must wait on the invalids.

Deaths follow in the wake of ignorance. The man who died yesterday, the child who was lowered into an undeserved grave last week, the beautiful maiden who passed away and left a group of disconsolate mourners behind, the wife who was snatched from the bosom of her family and whose death plunged them into frantic grief, these are all tributes of ignorant self-will arrayed against the moving tide of newer knowledge. Not one such death was necessary.

DO YOU, good Ralston wife, know that YOU can prevent all these evils that we have just enumerated?

YOUR responsibility is a great one; the greatest in all the world.

No man can accomplish as much as now is in your power to achieve. You stand face to face with perplexities that come all within your realm of human action. Let us look at some of them:

1. Sickness is on the increase today more than ever before.
2. There are more doctors, more drug stores, more hospitals, more surgeons, more operations, and more apparatus for mutilating the human body than ever before; and these have increased ten times faster pro rata than the population in the last decade.
3. The cost of living is steadily increasing.
4. The power of the mind, of the nerves, of the heart, and of the body is less than ever before; so that the means of winning success are lessened accordingly.

5. Home life is fast losing its charms, and that anchorage that the soul seeks in this world is slipping away.

6. Happiness and contentment are yielding to abnormal fear of the future and to unending restlessness in every day of living.

7. Things are out of harmony with the purpose of creation. The age is wrong; the viewpoint of life is wrong; the drift of body and soul is wrong.

YOU, good Ralston wife, are charged by a Divinely guiding power to step in and meet these perplexities. The first step for you to take is to make certain resolutions in the privacy of your life:

1. Resolve that you will begin these new duties in a spirit of full earnestness, and that you will persist in them to the end, no matter what opposition you may encounter.

2. Resolve that you will make your home, no matter how regal or how humble, your realm of dominion, ruling it as a queen would rule an empire.

3. Resolve that you will study quietly and privately the full science of practical cooking, of food values, and of food selection; never at a cooking school, nor under a cooking teacher, nor of the out-of-date methods, but right here in this system of LIFE BUILDING, so that you may know how to direct your own employees, or that you step in and do some of the cooking yourself. The wealthiest woman on earth should know both the science and art of cooking, and should take part in this art at times, and should love it as a pleasure as well as an accomplishment.

4. Resolve that you will avoid all foods, and all combinations that cause sickness, distress, indigestion, or congestion.

5. Resolve that you will avoid all foods that are useless in building up the body, and all that do not yield a fair return of nutrition for the money they cost.

6. Resolve that you will collect, as time goes on, a list of new receipts and new dishes, or new combinations that shall prove tempting to the appetite in the highest degree; for each wife is the true judge of what is best in her own household.

7. Resolve that you will think ahead, plan ahead, write down ahead, and build up a system of management whereby each meal of the day for every day of each month throughout the year may be determined without haphazard guesswork, or without leaving the selection of a meal to the last moment before it shall be required.



Slovenly habits of mind and management on the part of the wife cause nine-tenths of all the disappointments in the household. YOUR responsibility is greater than that of a king; see that you meet it with skill. Never let your habits drift. You will severely regret it if you do.

8. If your cook is ignorant or obstinate, the best way to deal with her is to have typewritten receipts made, with every detail stated minutely and in simple language; and request her to follow one receipt at a time. This will not overwhelm her, and she is always ready to cook by a receipt if she is able to read it.

Having made these resolutions, the next thing to do is to begin gradually to put into practical use the following suggestions:

FIRST SUGGESTION.—Start the new life by reading again all the pages of the FOURTH SECTION of this book; and make up your mind to reject once for all and forever all foods that are not in the Five Minute Class, the One-Hour Class, and the Two-Hour Class. Those of the other Classes should not enter your home. This step will begin to reduce the cost of living in two ways: the useless foods will not be bought, and the expense of sickness, loss of time and inefficiency will be removed.

SECOND SUGGESTION.—Out of the foods of the Five Minute Class, the One-Hour Class and the Two-Hour Class, select only those that are desired. Do not try to use them all. Reject such as are only part foods, if you do not wish them.

THIRD SUGGESTION.—Make up your mind to keep forever out of your home the following: Lard, Fresh Pork, Bacon, Pie-crust, Crisp Foods, Package Breakfast Foods, Spices, Vinegar, Cooked Butter Fat, Thin Fried Potatoes and all Hard Fried Foods. Salt, Pepper, Ginger and Celery Powder are allowable in place of Spices.

FOURTH SUGGESTION.—Keep new bread and new biscuit away from your children if you value their future as well as their immediate health. Such cakes as can be made without yeast or baking powder, are less harmful. Also remember that new bread, hot rolls, etc., always cause more or less congestion in the healthiest stomachs of men and women; and congestion spreads to all the connecting membranes of the body, and here arises the craving for *stimulants*.

FIFTH SUGGESTION.—Throw out all the TEA in the house, and never let any enter again, for tea is a poison. COFFEE, if

cooked properly, is less harmful; but must not be used if you have a weak heart. See that the first heating of the coffee is all that is used. Train your cook to throw out all coffee that has been kept heated more than the few minutes required to set free the delicious aroma that comes in the early brewing of it; for what develops after that brief period is poison. Never allow any one in your house to permit the coffee pot to stand with grounds in it for subsequent heating or use.

**SIXTH SUGGESTION.**—Do not allow water to be used in cooking that has been boiled for some time. Most cooks use a tea-kettle for boiling hot water, adding to it as a portion is used; thus retaining the mineral poisons that cause old age conditions. When hot water is needed, either draw it from the general boiler where it circulates freely; or else put cold water in the kettle and bring it to a boil; but do not use it after it has been boiling for some time.

**SEVENTH SUGGESTION.**—Abandon the habit of cooking stews and soups down for hours, allowing the distilled value to pass off in vapor. Either omit such foods, or keep the steam within control to a large extent.

**EIGHTH SUGGESTION.**—If you wish BEEF EXTRACT, or boullion, do not buy the cubes, for they have no food value, and do not buy canned goods, as they are almost worthless; but make the extract at home in the simple way. Teach your cook the great principle of cookery that meat juices escape *before* the water reaches a high temperature, not afterwards; that heat coagulates them and locks them in the meat fibre, causing a large waste in the value of the meat, for it has much less nutrition in that condition. The way to make beef extract is to soak the meat cut in very small pieces, or chopped, in cool water, and gradually subject the water to heat until it is getting too hot for the hand to touch; then remove the meat and pound it to a mash, and return it to the same water; after which bring it slowly to a boil, and let it boil for a minute only. By this method all the value of the meat is secured, and no old age dregs remain in the water. For weak stomachs, strain the juice through a double thickness of cheese cloth; for ordinary use, keep the fiber in the juice, as the two parts make a very valuable meal, if used with double-baked bread. Salt and pepper to taste. Here you have the basis of a most nutritious meal, and not one particle of the food value of the

meat is lost in cooking, which is a great triumph. Be sure to serve very hot. Your husband and family will never tire of it, even if served daily; but that is not necessary.

NINTH SUGGESTION.—Most cooks know, but do not follow, the law that meats that are to be cooked must not be put in the oven at a low degree of heat, if they are to retain their juices, which are their real value. For instance, if you are to roast a piece of beef, the oven must be hot enough to instantly sear up the surface of the meat so as to coagulate the juices, thus reversing the process in making the extract. You will then lock in the values of the roast. Many cooks allow this value to run away in the pan, and to be cooked to nothing. Here good money is lost.

TENTH SUGGESTION.—POTATOES are humanity's best friend, for they are not adulterated, and their price ranges low compared with other foods. But you must see that they have no green skins; reject them if they do. Also see that they have not sprouted; as the sprouts carry away the food value. They will then be wrinkled and shrunken. Nor should they be waxy. See, that they are solid with smooth skins. Not more than two or three years ago, potatoes rose in price to nearly three times their normal value; and, nevertheless, cooks went on in their custom of paring the good away and leaving the inside, the food value of which is about one-tenth that of the layer next to the surface. Here is found one of the causes of high living. The true food value is next to the skin, and most cooks succeed in cutting this entirely off. The proper method, except for infants, is to barely scrape the skin of a new potato, and bake the whole, and eat the whole; but, when the potato is old, scrape off the thinnest possible part of the outside of the skin, but *never pare it*. Always bake it. If you boil it, serve it with the jacket on, and so eat it. The skin possesses some of the value of meat. A woman who lived to more than a hundred years of age, claimed that she had eaten nothing but potatoes as long as she could remember; but her family stated that she never allowed any of the skin to be removed. Baked potatoes are delicious with salt, or with butter and salt, or with milk and salt. They make one of the most wholesome one-food meals possible.

ELEVENTH SUGGESTION.—Do not re-cook meats so as to make them hard. It is better to cook the same piece but once. The surface of meat that is cooked a second time is indigestible.



**TWELFTH SUGGESTION.**—If you must use ham, boil it until it is very tender, and serve in thin slices, remembering that old persons cannot digest the fats of any meat. If you must have ham and eggs, take a piece of boiled ham, as above, and heat it very lightly, so as not to make it crisp, and cook the eggs with it, keeping them soft. This method reduces their time of digestion by two hours, and makes a very palatable dish. If they cause distress, omit them afterwards.

**THIRTEENTH SUGGESTION.**—Buy OATMEAL in bulk, five or ten pounds at a time; and never in packages. Trade with some of the mail-order stores, of which there are many; you will save much money. Buy samp or large hominy in bulk. Also cracked wheat. In buying rice, do not believe the advertisements that the unpolished rice is white; it is very hard to get the brown rice, and all other kinds are only semi-foods. In Japan, where rice is the meat and main food of the strong men, they use only the real dark brown rice. We cannot tell you where you can get it; but we have compelled our grocers to send to wholesale grocers in New York City for it, and have always secured it readily. Brown rice should not be washed before it is cooked as the dust is the most valuable part. It should be boiled so as to be light and fluffy, like white rice..

**FOURTEENTH SUGGESTION.**—Every morning for breakfast, let each member of your family have a large dish of oatmeal, unless sometimes samp or the big hominy is preferred, or unless cracked wheat is liked better. See that the oatmeal, or hominy, or wheat is cooked for *three hours*. This is best done in quantities beforehand, and then the required portion can be heated in a few minutes just before breakfast. The food value is partly lost when it is cooked less than three hours; and food value represents money in these times of high prices.

**FIFTEENTH SUGGESTION.**—The best DOUBLE-BAKED BREAD is made by taking raised bread that is two or more days old, cutting into slices, then make squares about one inch thick all ways. Put these in a hot oven, let them become slightly brown on one side, then turn them over to be browned on the other side. Serve hot. They make a perfect meal with the beef extract of the Eighth Suggestion. This combination not only brings health, but it also acts as a very valuable curative agency to give strength and energy to a weak body. They make a food medicine.

**SIXTEENTH SUGGESTION.**—Old bread is always best, but it is not always served in a palatable form. It should be either toasted dry and brown and eaten hot; or else made into a milk toast, or a cream toast, or double-baked as stated above. It can be made into bread custard pudding, for custard is a wholesome food of the highest rank, much more nutritious than meat. Old bread toasted and eaten with custard as a dressing is a perfect food.

**SEVENTEENTH SUGGESTION.**—Butter from cream is not as valuable as home-made cream cheese, which costs but little. Fruit butters from grapes, peaches, plums, pears, etc., cost about four to six cents a pound, and are more wholesome eaten on bread in place of ordinary butter than anything else except custards as already indicated. All fruit butters should be made at home; as those for sale in stores are made from glucose, saccharin and coal tar dyes; all poisons. Avoid canned goods of all kinds at stores.

**EIGHTEENTH SUGGESTION.**—See that at every meal, morning, noon and evening, there is upon the table either ginger cakes, sponge cakes, cup cakes, or loaf cake, any of which can be eaten freely and without limit as a dessert. Do not make fruit cake, or rich cake of any kind; and avoid the too free use of baking powder. Cake that is two or more days old is almost free of the gases generated by most baking powders. Sponge cake is made without any powder. Plain cake furnishes a harmless stimulus to the flow of gastric juice at the end of any meal; even in the morning. Date-bread and fig-bread are also valuable with fruit butters.

**NINETEENTH SUGGESTION.**—Learn how to make home candies. Do not buy store candies. Analyses made of the highest grade and most advertised of confectionery in America show that they contain saccharin, glucose and other injurious matter; some coal tar dyes. Avoid chocolate. The basis of home made candies should be white sugar, brown sugar, and light colored molasses, or syrup molasses. Avoid butter, but use milk or cream in place of water. Learn how to make fondant, and mints; also how to make caramels that will not turn back to sugar. Nuts may be added, but only those of the Two-Hour and Three-Hour Classes; never eat peanuts, or the oily kinds. You can thus in time become an expert in making creams, fondant, mints, caramels, brittle candy, nut-creams, or nut-brittle, fudge, and other kinds. Do not use cocoanut, as it is wholly indigestible. If any of our members will

send us receipts for making various kinds of candy, we will gladly test them and publish for free distribution among all who wish them. Candy, following a meal, aids digestion; the human system craves it when normal; but it should never be eaten except after a meal, as it does great injury to the stomach by exciting an unusual flow of gastric juice when that organ is empty.

TWENTIETH SUGGESTION.—SELECTION.—Be careful to note what articles of food give the most pleasure at any meal; and make a list of them for future use. The One Hour and Two Hour Classes of the Fourth Section of this book contain a large number from which you may make your own selection, subject to all the modifications of subsequent parts hereof. Try to please the palate of every member of your family; it is worth the trouble. Remember that bad things, cooked in grease, have a flavor that will invite the appetite away from wholesome foods badly seasoned and cooked, on the principle that sawdust fried in butter-fat tempted the appetite of a man away from soggy potatoes and burnt steak. If YOU fail it will be your own fault. The science of cookery is the most useful and the most responsible science in the whole world; for on it rests the health, the happiness and the lives of humanity. And WOMAN is the party on whom this great responsibility is placed by the Creator. She cannot shirk her duty with safety to herself and to her race.

Scientific investigators estimate, from the statistics now at hand, that in two or three generations the world will be overrun by insane persons and nervous wrecks; for these terrible conditions are increasing yearly at a rate that must bring the results predicted. The cause is the ruin of the nerves and general health through the ever growing misuse of the digestive organs, aided largely by food adulterations and preservatives; but due in the greatest measure to ignorance in food selection and scientific cooking.

YOUR DUTY therefore is made greater in face of this downward drift of the human race.





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## TENTH SECTION

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# LIVER INFLUENCES

**Y**EAR BY YEAR human knowledge makes great leaps and bounds in its advances. We come now to the threshold of a wholly new field of discovery, which is nevertheless built upon great progress in the past. The importance of the stomach has been fully recognized; but not until lately has science been able to determine the real usefulness of the LIVER, and the influences that it exerts all through the body. To understand these matters it is first necessary to recall the fact that has been stated in the Short Story of Astronomy, that there are twice as many dead worlds in the sky as there are live ones; and the later fact that, in the human body, there are twice as many dead cells as live ones.

The intestinal tract, aided by the kidneys, separates the bad food from the good, leaving the latter in the body, and ejecting the former. The LIVER is the most responsible organ of the body in this transaction. It controls the whole tract, and is master and governor of the kidneys as well.

But the refuse food and other material that is separated by the intestines and kidneys, is merely a part of the food that has been taken into the stomach. More important than this, is the ejection of the DEAD CELLS that are accumulating every minute of life in the blood and tissue. This is the break-down of the tissue, due to the process of living, of thinking and of action. This break-down is a source of greater danger than the refuse parts of the foods in the intestinal tract. Both must be thrown out as soon as possible. The refuse is purged out by pills and physics; hence the name of physicians who aid in this elimination. Physics however only get rid of refuse parts of the food, and never reach the

broken-down cells and tissue in the blood; but in the olden times, leaches and cutting, and cupping were used to let out some of the blood; and by this method the break-down of the cells and tissue was drawn off; but the process weakened the nerves and whole body.

They never thought then that the LIVER was given that work to do, and that it does it perfectly when it is in health.

Thus the LIVER has two of the greatest duties to perform in the whole scheme of life:

It has charge of the whole intestinal tract and kidneys, and thereby directs and controls the escape of the refuse food-material that passes beyond the stomach.

It has charge of the whole process of driving out of the body the millions and billions of dead cells that pile up in the system every minute of life, day and night.

Only a HEALTHY LIVER can perform this double duty.

### INFLUENCES OF THE LIVER

If you go to an oculist to have your eyes examined, he can tell you to what extent your liver and its satellites, the kidneys, are diseased. You will wonder how the liver can send its influences so far as the eyes; but the explanation is simple. If the blood is not cleared of its dead matter, it will carry it to all parts of the body in the process of circulation.

BRIGHT'S DISEASE can be first discovered by an examination of the eyes.

CLOUDY or floating matter that dances about in front of the eyes has proved to be due to the effect of the liver upon the contents of the eyeballs.

The whites of the eyes show distinctly a yellow or liver color when that organ is not in good health.

BILIOUSNESS, or yellow skin, is due to the faulty condition of the liver.

BAD COMPLEXION, even when not bilious, is always due to the liver. When the broken down tissue and dead cells are not driven out of the blood they become part of the circulation and also enter into the building of new tissue, thus blending diseased material in the construction of bones, skin, flesh, and even the hair of the head. In other words, if your liver will not throw out of the

blood the poisoned matter therein, you must build new tissue in part out of that kind of material.

WARTS have the same origin; so do moles, protruding pores, and all malformations of the surface of the body.

BLACK-HEADS, and what are called worms in the skin, are due to the accumulation of these poisons from the faulty action of the liver.

Rough and dirty complexion, face sores, and blotches have the same origin. The woman who treats her face with powder and other covers of a bad complexion, is merely hiding the effects, and not dealing with the cause.

BOILS, CARBUNCLES, SORES, TUMORS, ABSCESSSES and other disturbances have all been traced to the poisons that the liver permits to circulate in the blood.

CONSTIPATION was not, until recent generations, attributed to the liver, but now all doctors know that it comes from that source, as they know that the liver controls peristalsis or the action of the bowels. When you take medicines to purge the system, and do not correct the habits of the liver, you are adding a severe tax against the future without prospect of relief.

PILLS that are advertised as beneficial to the liver are known to cause HEMORRHOIDS, or bleeding piles. Ordinary PILES follow constipation, but BLEEDING PILES follow the pill habit, or the practice of purging the bowels by medicines.

APPENDICITIS always has its first cause in liver troubles. The prevention, as well as the cure without operation, must be directed at the restoration of health in the liver.

BIRTH-MARKS are solely the result of liver poisons that are present in the blood of the mother, and from her transmitted to the child before birth.

PREGNANCY DIET should consist of the foods in the ONE HOUR and TWO HOUR CLASS; depending on cereals with plenty of milk or thin cream dressing, baked potatoes with milk and salt, baked sweet apples very mellow before they are cooked, eaten with thin cream or milk, fruits that do not cause neuralgia, beef extract as described in the Ninth Section, beef, lamb and mutton for meats; and all the SUGGESTIONS of the Section entitled the GOOD RALSTON WIFE. The health of the coming child will be wonderfully blessed by this care in the diet of the



mother, and this blessing will follow the new human being all through life. Is it worth while?

The EYESIGHT keeps exact pace with the liver health in any person. This is now a proved fact.

The HEARING begins, in aged people, to give way when the liver-poisons are allowed to circulate through the body.

The HAIR and SCALP are now known to receive their poisons from the faulty circulation of the liver. When these poisons are not allowed to circulate in the blood, the hair and scalp become healthy. Thousands of experiments both ways prove this fact.

ASTHMA, HAY FEVER, ROSE COLD and INFLUENZA are now known with absolute certainty to be products of liver poisons in the blood, always aggravated by secondary influences, just as rheumatism is; the great cause being in the liver, and the acute influences being due to climate and other conditions that arouse these maladies from their dormant state. Almost all maladies have two causes; one, the main or basic cause; the other, the direct irritating influence. In ASTHMA, it has been known for a hundred years or more that inflammation of the liver is indicated by a dry, hacking cough. Coughing, sneezing and similar activities are set going by the diaphragm, which is the floor of the lungs and the roof over the liver and stomach. Whatever excites the diaphragm will start coughing, sneezing, hiccoughs, and even hysterics. Repeated coughing wears away the lining of the throat; and repeated sneezing wears away the lining of the nose. Both these exposed linings then become prey to all forms of surface irritation. When the liver is inflamed, it of necessity involves all adjacent parts, such as the stomach and the diaphragm, in an upward direction, even the heart and lungs following the influence; and, in a downward direction, this inflammation passes on through the intestines, overspreads the lining, or peritoneum, and soon affects the appendix.

CONGESTION follows the bad state of the liver, and has more to do with gastritis or chronic inflammation of the stomach than direct abuse of the latter organ. Thus many persons are able to digest foods in the stomach, yet find a halt in the action of the liver. Many bilious people claim with truth that they can digest anything; meaning at the stomach. But other penalties are awaiting them in the darkness of the future. CONGESTION of the stomach is always present ahead of most maladies. At a

recent meeting of the doctors of America, it was agreed that almost every man and woman, no matter how healthy in appearance, carried a chronic condition of inflamed peritoneum; or, as one physician said, "suffered from peritonitis, which accounted for the sudden collapse of the health among people who are classed as well." Appendicitis is the natural result of this congestion.

LA GRIPPE and SORE THROAT, as well as all colds, are preceded for days by a highly congested condition of the stomach, probably arising from inflammation of the liver. This congested condition of the membrane at that region possesses great spreading power. It creeps up, inch by inch, along the air passages to the throat and head. While most stomachs are passively congested, if any doctor could detect the presence of the more active form of congestion in the stomach, he might be able to save his patients much suffering and danger from both sore throat and la grippe; for these maladies bring serious after effects. The influences of the liver, therefore, are many and far-reaching.

APOPLEXY is the almost direct result of a wrong condition of the liver.

PARALYSIS is likewise the natural fruit of abuse of this organ.

BLOOD DISEASES affect the heart, the circulation, and the nervous supply of energy; from which disturbance arise both apoplexy and paralysis, but through different channels.

All SKIN DISEASES are now being traced to the poisons in the blood that are set free by the ill health of the liver.

CATARRH, when analyzed, shows clearly the presence of the very material that the liver should have thrown out of the body; and this accounts for catarrh of the nose, throat, lungs, stomach and other parts.

The dead matter in the system, and the broken down life that turns at once to poisons, must be disposed of by the liver; and this organ, in order to do its proper work, must be kept in a state of health.

Of all the methods of treatment that are useful in saving health and life, the most important procedure is that which gives the liver its proper care, and especially its proper food. Two courses are now open:

1.—CARE.—Give the liver less to do at a time, and more opportunities to work. This organ thrives on constant activity; it

does not like a prolonged rest; but IT WANTS LESS TO DO AT A TIME.—FOUR MEALS A DAY are best for it; one at morning, one at noon, one at six o'clock in the evening; and a very thin meal of toast and milk, or toast and beef extract just before retiring at night.—YET EACH MEAL SHOULD END WITH SOME HUNGER. This means that the hunger should not be satisfied by any one meal, for hunger means a better health for the liver.

2.—FOOD.—Much of this book has been devoted to the digestibility of food for the stomach. Equally important is it that we consider the value of food for the liver. While the latter organ will take care of many things when in good health, it will not dispose of them if it is inflamed. It is also true that, while the stomach will digest the one hour foods easily, not all the one hour foods are friends of the liver. As the real facts should be understood, we append here several lists.

#### THE BEST FOODS FOR THE LIVER.

*The Five-Minute Class:*—The preferred foods, or best friends of the liver in this class are: White of Raw Egg; Beef Juice, or Beef Extract, or Bouillon, all home-made. When the liver is inflamed, or is very inactive, the above foods have a real medical value in effecting a healing.—An inflamed liver is not benefited by sugars, sweets or oils. The yolk of an egg contains fat. But in a state of good health, all the foods of the five minute class are valuable if liked.

*The One Hour Class:*—In this class the best friends of the liver are: Apples if mellow and sweet, baked, and eaten with milk; Bread, when old; Buttermilk; Potatoes, baked and eaten with milk; Plums, raw and very ripe; and all the foods, aided by all the suggestions set forth in the Ninth Section of this book, under the title of the "Good Ralston Wife."—The meats that are preferred are beef, lamb and mutton.

*The Two Hour Class:*—Beans, when too young to be shelled, the pods being their chief value; Haddock; Halibut; Oatmeal when cooked three hours; Sole; Trout.—Bread that is not hot, may go with this line of food.—As it requires two hours to digest such foods, it is well to eat slowly and not much at a meal. Be hungry when you arise from the table.



*The Three Hour Class:*—The friends of the liver, if it is in health, are as follows in this class: Cauliflower; Corn; Ham, boiled till very tender; Salmon.—But if the stomach does not perfectly digest these foods, they will set free poisons that will injure the blood through the liver.

The foods of the Four Hour Class, the Five Hour Class, and the Never Class, are all enemies of the liver. We now come to the

### ENEMIES OF THE LIVER

The percentages given here mean that, if the organ is in good health, the tendency to break down that health will be shown by the figures stated. This tendency may not make progress during the lifetime of a fortunate human being now and then; but, on the other hand, the sudden information may be given that appendicitis or Bright's disease has seized the body and seeks the life.

|                                                            | PERCENTAGE<br>OF ENMITY |
|------------------------------------------------------------|-------------------------|
| Yolk of Egg, Butter, Honey, Olive Oil, .....               | 10.                     |
| Sugar, .....                                               | 15.                     |
| Excess of Sugar, .....                                     | 75.                     |
| Olive Oil, adulterated, .....                              | 100.                    |
| Almonds, Barley, Chestnuts, Lettuce, Olives and Onions, .. | 20.                     |
| Peas, young, .....                                         | 15.                     |
| Old Peas, .....                                            | 75.                     |
| Maple Sugar, .....                                         | 80.                     |
| Squash and Pumpkin, .....                                  | 60.                     |
| Artichokes, .....                                          | 30.                     |
| Asparagus, .....                                           | 85.                     |
| Bacon, .....                                               | 100.                    |
| Beans, old, .....                                          | 100.                    |
| Buckwheat, .....                                           | 55.                     |
| Cabbage, .....                                             | 90.                     |
| Egg Plant, Lentils, Oyster Plant, Prunes, Shrimps, Cocoa,  | 45.                     |
| Turnips, Cocoanut, Chocolate, Tomatoes, Lobster, Fried     |                         |
| Oysters, .....                                             | 100.                    |
| Peanuts, Pastry, Saratoga Chips, Crisps, and all the Never |                         |
| Class, .....                                               | 100.                    |
| All the Four or Five Hour Classes range from .....         | 80 to 100.              |

Foods that are not listed here, are neutral, having no tendency for aiding or injuring the liver.

To be on the safe side, it is wise to avoid all foods that have a percentage of more than 50 against the liver, even if you are well. If the organ is sluggish, depend on the Suggestions in the Ninth Section entitled the "Good Ralston Wife."

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So powerful is the influence of the liver in throwing into the blood the poisons which, when in health, it freely sends out of the body, that certain constitutional warnings are available, and they will be referred to in this Section.

## CONSTITUTIONAL "SYMPTOMS OF DANGER"

**W**E DO NOT BELIEVE that a well person should seek symptoms of sickness. But all incurable diseases are, at a certain time in life, curable; and their attacks may be wholly overcome if met with resistance before it is too late. In the history of every hopeless case, there has always been a period of escape that has been neglected. This portion of our study is devoted to the consideration of those warning signals that are called

### "SYMPTOMS OF DANGER."

Physicians today are classed as ordinary and extraordinary in their methods. The ordinary doctors make use of the following symptoms:

1. PULSE.—The heart-beats may be counted at the wrist and other parts of the body, and indicate the condition of the circulation. The action of the heart itself, and the health of its valves may be easily determined by instruments that magnify to the ear the sounds within. In like manner, the health of the lungs and of the air-passages may be ascertained.

2. TEMPERATURE.—The heat and fever of the body may be learned by thermometers placed in various parts of the body, and in the mouth; as well as by the hand of the physician who is experienced.

3. **THE COATED TONGUE.**—This old form of evidence of the state of the liver and stomach, and even of the other organs, is still one of the most reliable methods of giving warning. It is a safe rule to say that no person should neglect a coated tongue. It should be clean at all times, and clean clear through to the throat. Take danger by the forelock and drive away the enemy that is lurking within the organic life of the body.

4. **THE EYE-BALL.**—The white of the eye should be clean and clear. If it is muddy, find the cause and cure it. Neglect is dangerous. The pupil of the eye, which is the center through which the light passes, holds the secret of sanity and insanity in many cases, and of the nervous troubles that are brewing in the life of the individual.

5. **INSIDE THE EYE.**—Such a malady as Bright's disease, which when advanced is incurable, first shows itself in the interior of the eye; and it does not require very expert knowledge to behold the presence of the most dreaded of all dangers next to cancer. There are many instances where the approach of this terrible enemy has been discovered before the malady had reached the incurable stage; and perfect health has been thereby attained. Surely no man or woman can be blamed for hunting for these opportunities of self-preservation.

6. **ANALYSIS.**—Today it is a very common practice to examine the water from the bladder in order to know just what the organs are doing and to what extent they are failing or becoming diseased. Many lives are saved by such precautions.

7. **BLOOD.**—Some physicians place value on the analysis of the blood to determine what it lacks and by what means it can be made perfect.

The extraordinary doctors, who are very few, but who take rank with the greatest men in their profession, seek signs that are fully as certain, and that expose the human body, like the pages of a book, to be read by the expert. But YOU have just the same opportunity of knowing your body, and of driving away the enemies that seek to bring you down to premature death.

8. **THE CIRCULATION** of the blood comes nearest to the surface and vision under the finger nails than at any other part of the body. It is as though the nails were panes of glass over the blood.



9. When the blood is pure and the heart healthy, the nails are pink in color and this hue is even, and not changed in parts.

10. When a deep tinge of purple appears at the base of the nails it is sure evidence that the heart is affected; and this fact is made more important when the skin within the hand is purple-shaded. No time should be lost in seeking a cure for the impending danger.

11. Look for ridges or flutings of the finger nails extending from the tips to the base. The nails grow from week to week, both in length and in breadth; the latter growth being absorbed finally in the length. When the nervous system is diseased to a slight extent, the nails grow erratically, and leave these ridges which at first are very slight and can hardly be seen; but, later on, they become full ridges and are very noticeable if a complete breakdown is coming. In nervous prostration, the nails are very rough. As a cure is being effected, they grow smooth again.

12. When the person with fluted or ridged nails shows no sign of nervousness, there is but one conclusion, and that is exhaustion of the brain nerves leading to brain paralysis or insanity. This is indicated more in the thumb than in the finger, and the thumb nails will be very deeply grooved. The warning carried by any fluted condition of the nails of fingers or thumbs, should be acted upon, and the nervous system made whole again by proper attention. There is always time in such cases if delay is not permitted.

13. The RINGS beneath the eyes, in middle-aged or old persons, indicate hardening of the arteries; or premature decrepitude. This can be checked and cured if taken in hand as soon as possible after the rings appear.

14. When the flesh rises up around the edges of the nails and is puffed, the throat is suffering from a chronic condition that should be examined and remedied.

15. When the finger tips are like bulbs or swollen, consumption is clearly shown. This never fails in telling the truth at the early stages of tuberculosis. The condition should not be neglected, for nature is trying to give her warning of the coming scourge. Sometimes the fingers bend forward and the nails seem to sink into the flesh.

16. The insides of the hands may be of various colors. When they are of a pure pink hue, the body and nerves are in good health.

17. When the insides of the hands are of a purplish red hue marked with blue spots, the blood is bad and the heart out of condition.

18. The cold, clammy, white hand indicates anæmia, or poor blood and a bad diet.

19. The watery looking hand, of muddy color or having the hue of dough, attended with a bloated appearance, shows to a certainty serious kidney troubles that should be attended to without loss of time.

20. The yellow color in the inside of the hands, shows liver trouble, and is a never failing sign.

21. If the nails are abnormally small and delicate, the heart is weak and hereditary disease is present.

The facts given herein are gathered from observations made by the best experts, and have been proved in all cases where they have been studied. They are uniformly true. The lesson taught is plain. Know thyself, is the old advice. All persons should know themselves at all times. "Prevention is better than cure." sounds very well; but it is better to prevent incurable diseases than to be brought face to face with them at a time when hope has fled and cure is impossible.

Therefore study these danger-signals, and fly for safety while yet it may be had.

22. DANGEROUS AGES.—These may be easily ascertained, for records give the age of every person dying under normal circumstances; and deaths from violence or accident would have no bearing on this study. The first year of life is by far the most prolific in deaths. Strange to say, the seventy-first year is next, based on the percentage of all persons living to that age. On the same basis, the forty-fifth year is the next in point of danger. After that is the fifth, then the fourteenth, then the sixtieth, and the nineteenth. The value of this information is to warn people to exercise greater care at the ages stated. Attention to the health saves many lives, and more are given a long lease by preventive care than by healing methods.



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## ELEVENTH SECTION

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# NATURAL CURES

BY THE RALSTON TREATMENT



MOST PERSONS who read this book will be unable to undertake the building of a new body, on account of organic troubles or other chronic conditions that have already secured a hold on them. When there is trouble in any one department of life, there should be concentrated attention as the first step to be taken. When such attention can be accompanied by the process of building the body anew, or when the latter step can be used as the means of cure, it will help matters very much to combine these measures with the suggestions that are now to be given.

This Section is contributed by the giant work on curative treatments; with several new treatments added.

Only the central rules of natural cures of diseases can be included in this Section, as the work from which they are borrowed is one of our largest books, containing many hundred pages; but, as the readers of this present volume may not be able to afford the cost of the same, seven dollars,\* we feel it our duty to bring as much of the value of that work as is possible within the scope of this book.

This is the first time that we have included in a low-priced volume the great facts that form the basis of a mighty system; but we prefer to do this rather than ask persons of moderate means to invest in costly works.

Doctors say that ninety-five per cent of men and women have some organic or chronic disease, either developed, or in process of developing. For example, autopsies show that a majority of

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\*Complete Membership Book of the Ralston Health Club; with extended and enlarged Treatments.



people are in some stage of consumption; or that the heart is not healthy; or that the liver is hardening; or that the kidneys are far from perfect. Hardly more than one stomach in every hundred is normal. One surgeon said: "In a list of over three hundred cases where the stomach was exposed, every one showed evidences of inflammation of years' standing; a painless congestion that interfered with the action of the gastric juice."

In fact the whole digestive tract, from the mouth to the lower terminal, is generally more or less congested, which accounts for the faulty condition of the nerves and other functions in practically every man and woman living. Yet few feel any pain. It is only when the congestion becomes acute that suffering starts, just as appendicitis may spring in a second of time into a terrible agony without any warning whatever.

It being true that some form of chronic disease is present or being developed in almost every human being, specific steps should be taken to drive out the unwelcome visitor; for which reason this Section of Natural Cures and remedies without medicines, is attached to this work. Be kind enough to remember that the gist or essential principle is given here. Where medicines are required we do not make any effort to prescribe them. Where the malady has reached an acute form, you should consult your family physician.

### 1. ACIDITY

**CAUSE.**—Where the blood or the gastric juice of the stomach is in an acid condition, it is impossible to make a healthy body. The condition is not a disease, but a fault, and is due to wrong food selection. Doctors correct it by medicines, which proves that the trouble is due to error in eating.

**CURE.**—Omit all juice fruits, and select foods from the **FIRST HOUR** and **SECOND HOUR CLASSES** of the Fourth Section of this book. For several weeks avoid everything that contains baking powder, as this often causes acidity of the stomach and blood. White bread, being merely starch, is also to be avoided as much as possible.

**CAUTION.**—If your stomach is badly congested, which may be discovered by a slight feeling of pain following the drinking of a very hot cup of water on an empty stomach before breakfast,

you will not be able to digest well any wholesome food ; and it is better not to eat two or more kinds of food at the same meal. All juice FRUITS, such as apples, oranges, grape fruit, grapes, peaches, plums, cherries, pears, and the like, no matter how ripe or mild, should not be eaten within an hour of any other food, even by a well person. They are intended to be eaten alone. Even if you are quite free from congestion, you will find that there are some foods of the same class that do not mix well, as the gastric juices vary somewhat with each kind of food.

## 2. ACNE

CAUSE.—Acne is a common skin disease, perhaps the most common of all blemishes of the surface of the body. It appears in the form of pimples, and sometimes blotches, pustules and blemishes on the face and other parts of the body. The skin has several layers, and beneath them are the fat glands that lubricate the skin. When the body is clogged with broken down tissue, these glands become choked, and the circulation ceases. The stagnant glands then decay, and the dead material is forced to the surface of the body where it breaks out in one form or another. Some faces are terrible examples of this condition.

REMEDY.—If the skin is badly erupted, we would suggest a two days' fast under the same plan as is set forth in the Eighth Section of this book. In that Section, the fast of one day only is called for. Extend that another day, then follow the plan exactly as stated. At the same time it is better to bathe the body in warm water that is gradually made hot until you cannot bear it any hotter ; then gradually cool the body until cold water can be borne all over it. Use some antiseptic soap with the hot water. Take this bath every night, ending with cold water. Wipe very dry, and rub the skin with a hot towel ; then apply all the olive oil that can be borne, rubbing it in and leaving the skin dry.

## 3. ACUTE INDIGESTION.

CAUSE.—A thin membrane separates the stomach from the heart and lungs. This is capable of stretching, as is the stomach also. The formation of gas in the latter organ causes so much

distension that a great pressure is brought against the heart, and its action is suddenly stopped. No matter how perfect it may be, or how vigorous the general health of the body, when once the heart ceases to beat, nothing will set it going again. Thus there is full life and health, but cessation of action. It is like the engine that is perfect, losing its motion, and no engineer at hand who knows how to set it going again. It is remarkable the number of men and women who die at the dining table from acute indigestion.

Of course there is no cure.

Prevention is all that can be of service; and this is taught in the method that is so fully set forth in this work. It is easy enough to be on the safe side, if ordinary care and judgment are allowed to have control. The conditions that set up congestion, as shown in the Tenth Section of this book, often act quickly and cause death by the sudden attack known as acute indigestion.

#### 4. ALCOHOLISM

CAUSE.—It has been proved and can be verified at any time anywhere, that this condition that is known as an uncontrollable craving for alcohol, is only the cry of a congested membranous system throughout the body. The membranes line the surfaces of the brain, lungs, all organs, and the digestive tract. The congestion is not acute in most cases; but it is either chronic or temporary. What is meant by congestion is an irritated condition of the surface tissue of the membranes. This irritation may be caused by any one or more, or all, of the Enemies of Life that are fully described in the Fourth Section of this book. For instance, food that is foreign to the body, which is the Second Enemy, will cause universal congestion of the body; no part escaping its irritation. The First and Third Enemies are, however, the most frequent causes of this trouble.

For more than thirty-five years, this Club has carried on experiments that have proved the following facts:

1. Foods of the NEVER CLASS in the Fourth Section of this book, set up an intense craving for alcoholic stimulants, making the victim powerless to resist.

2. Foods of the FIVE HOUR CLASS cause the same intense craving.



3. Foods of the FOUR HOUR CLASS cause nearly the same degree of desire for relief.

4. Foods of the THREE HOUR CLASS cause a less degree of craving.

5. Foods that are not evenly digested, or that are badly cooked, or that are unbalanced in their elements, cause the same craving.

6. Where perfect foods are properly prepared and eaten, the craving dies a natural death.

7. The one-food diet quickly lessens the craving.

8. We have found men by the thousands who were exceedingly in earnest in their desire to get rid of their habits in this line, but who could not do so with the cooking they had to contend with. Over half the food they ate was horribly cooked; bread was soggy, potatoes soggy and waxy; meat crisp or hard; and new bread, pastry, and other indigestible things were placed before them three times a day, so that there was no escape from constant congestion.

9. Where there has been a desire for alcohol in the past, the craving for it keeps pace exactly with the degree of congestion of the membranous system of the body. Take away that congestion wholly, and the desire for alcohol will disappear at the same time.

10. Many a man, on his way to his daily duties, having eaten a badly cooked or a badly selected breakfast, feels the universal irritability all through the body, and cannot get mental or nervous peace until he satisfies the craving for a drink. It is not moral courage; it is not mental supremacy; it is not religious power; but it is a congested system that controls his actions. The blame belongs with the cook, with the house-keeper, and with the man himself for his ignorance in selecting a list of foods that do not belong in his system. Women who will not touch intoxicants, and men who are likewise abstainers, seek relief in some other remedy; and, no matter what may be the denials, the sufferers from this form of congestion throughout the membranes are addicted to the pill-habit or to some other source of solace from their inward unrest.

11. Many experiments have been made to vary the kinds of food and the manner of cooking, in order to note the effect on the persons under observation; and the one great fact stands forth fully proved that the craving for alcohol is the cry of the membranes for relief from their irritated condition, which acts like a

fire of unrest all through the brain and nerves. In other words, you can make or save a drunkard by food selection and cooking; you can put into him an angel or a demon.

CURE.—As has been shown by more than one hundred thousand experiments, the membranes of the body may be kept in a slightly congested condition all the time. While there is no pain to be felt, there is a constant feeling of inward unrest which amounts at times to irritability. The removal of this congestion can be effected only by a method that removes the cause and heals the surfaces. It has been proved that the best method is a fast of three days, after the plan set forth in the Eighth Section of this book. In that Section the fast is of one day's duration. For alcoholism, it should be three days long. Then the healing meals of the next day should be repeated for three full days, and the other meals may follow the plan of the Eighth Section. In cases of severe alcoholism the inflammation of the membranes will be found to be very far advanced, in which case the plan just stated should be repeated twice a month. Few patients are willing to endure this treatment, as they suffer all the time from the irritation of the congestion.

As public results are better than individual reforms, the true remedy lies in the change of the methods at home; not in one home, but in many. A campaign of education in the laws of nature and health, would accomplish results that would be far-reaching.

Yet each home can be doing something for itself. Every wife can gradually bring about a change in cookery and food-selection; and the good work, thus starting in units, will total a great sum very soon. No woman can become an angel of hope to humanity more speedily than by adopting a course of cooking and food-selection that put an end to all congestion of the membranes, for there begins all ill-nature, all irritability, and all abnormal cravings.

It is a fully proven fact that there is no desire for stimulants of any kind when this congestion ceases.

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## 5. ANGER

CAUSE.—The brain is lined with layers called meninges, the surfaces of which are fed continually with the blood that is made

from the food taken in at the stomach. It has been proved that many crimes originate at the surface of the brain, when undue pressure from some misplaced bone of the skull interferes with the organ. Likewise, the congested or inflamed condition of the lining of the brain will affect the thoughts, the feelings and the moods. The poisons that lurk in the body are carried to the brain surfaces by the circulation of the blood, and they too exert a very bad influence on the mind. If you have a poisoned root of a tooth in your mouth, the pain may become almost unbearable. The very same poisons may inflame the lining of the brain. From them a pressure arises. The action of thought is brought about by a flow of mucus from the membranes which rushes over the brain surface. Anger is one of the most common results. It is increased by indigestion, which adds to the accumulation of the poisonous pressure on the brain.

CURE.—It is a well known fact that easily digested meals increase the good nature of a person. This is true of adults as well as children. Bad temper in the young is largely controlled by this same law.

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## 6. APOPLEXY

CAUSE.—Men and women of any age above twenty-five, but generally above forty, who are over-heavy, die either of apoplexy, paralysis, or pneumonia. Very few die of any other cause, if they possess more weight than is necessary to maintain the life of the body. On the other hand there are many cases of death from apoplexy where there is not overweight, but the aggravation must be unusual in order to bring about this end with thin people. Thinness, under average conditions, is regarded as a safeguard against this class of attack.

It is needless to go into an elaborate discussion of the direct causes of apoplexy. All medical men agree that it begins in a wrong diet. Of this fact there is no doubt. The region of the liver is supposed to be the starting point, for that organ is always abnormal when the fatal stroke comes; and this stroke is preceded by dizziness, often for weeks, or months. The region referred to is the central mass of poisons that are known as enemies of life, and that are described in the Fourth Section of this book.



CURE.—When the stroke has come, there is no cure. If it is fatal at the first, there is an end. But if it is a light stroke, the only plan to be adopted is that which all persons should begin to adopt when once they have felt dizziness in the brain, or a clouding of the sight when they stoop. These are the fore-runners of apoplexy. Unsteadiness in standing, or a swimming feeling in the head, indicates the same danger. The wise man does not wait until the stroke comes. He wards it off before the blow is aimed directly at him. As this condition is due to the enemies of life described in the Fourth Section of this book, the remedy is to be found in building a new body under the method stated in the Eighth Section. No Ralstonite who is over thirty-five years, who has given attention in advance to this danger, has ever fallen victim to it.

The prevention of congestion of the stomach is the most certain of all steps that can be taken. As has been explained, this congestion spreads in the manner stated in the Tenth Section of this book, and gradually destroys the surface of the blood passages that lead into the brain; when they distend from pressure, it indicates that the danger is at hand, and the dizziness that follows should be sufficient warning. As these blood passages become thinner and thinner, they distend more easily until one of them bursts, and that is apoplexy. Take advantage of the first warning, and drive out every trace of congestion from the stomach.

## 7. APPENDICITIS

CAUSE.—The immediate cause of this ever-increasing trouble is the sloughing off of the congested lining of the intestine at the opening of the appendix, which is a small sack having no part in the activity of the bowels. When the opening is eaten away, the foul contents of the intestines find their way to the interior of the small sack; and, not being in the line of activity, these contents remain and set up mortification. This spreads and becomes peritonitis, involving the abdominal wall, and, in that stage, is always incurable.

CURE.—The indirect cause, or the first steps in the cause of appendicitis, may always be traced to food that is foreign to the body, and to preservatives in food, and adulterations as well; while general congestion of the intestinal lining is due to lack of even digestion. The remedy lies in avoiding all five of the enemies

of life described in the Fourth Section of this book. When, more than fifteen years ago, appendicitis began to be common among all classes, but notably among the people who lived high, and those that traveled, the chief cause was then traced to the great prevalence of foreign material in foods, and to preservatives and adulterations in everything found at hotels. Baking powder holds the lead in this respect. More than ten years ago, several thousand families of Ralstonites made up their minds to avoid all the foods that are not given in the ONE HOUR AND TWO HOUR CLASSES; with the result that there has never been a case of appendicitis among them, while their neighbors have suffered along with the average of the people. This proves that this dreadful and expensive malady may be prevented by food-selection. In fact, in a meeting of expert medical men and surgeons, the opinion was unanimous that there was no other way of *preventing* appendicitis than by food-selection; and that, when the people learned this fact and were willing to act upon it, then the hospitals and undertakers would be deprived of a large amount of business. The people, however, think it better to take their chances; they regret their indifference only when they are stricken.

A few facts that have been verified by the most careful and exhaustive investigation are worth repeating here:

1. Appendicitis is most common, per capita, among those who board at hotels, eat on trains, or at restaurants. In fact, the attacks are fully twelve times as many among such classes, as among all others combined, in proportion to the number of people involved.

2. Appendicitis is most common among those who eat the products of fine white flour, especially in the form of new bread and pastry.

3. There has never been a case of appendicitis among peoples who do not eat meat. The apparent deduction, however, is not a fair one; for such peoples never have fine white flour products. It may be the fact that the poisons that are set free in the body from meat, prepare the way for the other poisons that proceed from the use of fine white flour. Of the two evils there is more evidence against the flour than against the meat, if the latter is in the early classes of digestion.

We state these facts because they are facts; you may make your own conclusions.

## 8. APPETITE—LOSS OF

**CAUSE.**—As every organ of the body performs its work with eagerness as shown by the experiments referred to in the early part of this book, it holds true that poisons and lack of perfect nutrition are alone the cause of their sluggishness. In those experiments it was proved that, if the poisons were not removed as fast as they accrued, or if the food was not of the best quality, the organs would slow down in their work. This is exactly the cause of loss of appetite in the body.

**CURE.**—All sorts of methods have been taught for increasing the appetite. The oldest of all plans, is to omit a meal until you are hungry. This is the one form of fasting. Some kinds of fasting are beneficial, but they must be proper and scientific, or extreme weakness will follow. More stomachs are broken down by decreasing their duties than by any other form of abuse. Three ordinary meals a day are better than one; and five light meals a day are better than three ordinary ones. But if you cannot eat with zest and relish, it is better to ascertain the cause than to begin haphazard fasting.

Assuming that you have gone through the plan set forth in Section Eight of this book, it is important that you establish a breakfast appetite for every day in the year. Many persons either omit breakfasts or else eat too little, or indulge in a line of foods that are worthless. If you can take but one meal a day, let it be the breakfast. Pay no attention to what others may advise; we have tested this problem for nearly forty years, and it is beyond disputing now.

Take a bowl of hot, thin beef broth, or bouillon just before going to bed at night; and nothing else later than about six o'clock in the evening. Eat but one kind of food for breakfast, and let that be some good cereal such as oatmeal in great abundance; changing the next morning to some other single food. Let your noon meal be old bread toasted a dark brown, dipped in soft boiled eggs, buttered and salted to taste. Continue this for a week. Let your evening meals consist of nothing but junket; followed by hominy that has been boiled three hours and then toasted brown in the oven, eaten with salt and cream. If hungry between these meals, take a bowl of very hot bouillon. Do not



allow any other food to enter your stomach, and avoid all candies, sodas, or other things except water.

If you are sincere in your desire to obtain a good, natural appetite, follow the above plan until you get it. It will come, and you will be hungry in a way that will prove a blessing.

Several times a day, take the **LIVER EXERCISE** which is given under the Treatment for Liver Troubles.

But do not trifle with this method.

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## 9. ASTHMA

**CAUSE.**—The lining of the passages to the lungs consists of a fine surface beneath which are some of the most sensitive nerves in the body. When the poisons that arise from the **First Life Enemy**, described in the Fourth Section of this book, are forced upon this delicate surface, the result is a state of inflammation that breaks down the outer layer of the surface, and exposes the nerves to the irritation of every in-going breath of air that enters the lungs. The contact brings on paroxysms that are often agonizing.

**CURE.**—The first step to be taken in effecting a cure is to put an end to the sensitiveness of the uncovered nerves. Medicines and drugs partly accomplish this by paralyzing the nerves. This leads to more serious results later on. It is like making a child unconscious to deaden the pain caused by a pin that sticks into its body. The more sensible method is to remove the pin. But as long as the nerves of the air passages are exposed to the rough currents of the breath, there will be suffering. There is no known medicine that will heal these surfaces. The delicate lining is eaten off by poisons in the blood.

The only process of healing is that based on the experiments described in the Second Section of this book. The poisons must be removed first; then the parts must be given perfect nutrition. The plan of fasting that is given in the Eighth Section of this book must be adopted and then it should be followed by several days of food all like the first three meals after the fasting. When that has been done, then the other meals should be taken in the manner stated in that Section.

The only thing known to the world that will heal the diseased surfaces of the air passages is the white of an egg, preceded by a glass of very HOT WATER. Medicine and drugs merely deaden the life of the passages, and lead to more harm in the end.

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#### 10. BILE AND JAUNDICE.

CAUSE.—There is no organ of the body more willing to work than the liver. The only occasions on which it refuses to work are when the stomach is over-loaded with foods too heavy to be easily acted upon, and when the liver is immersed in poisons that come from any one or all five of the enemies of life as shown in the Fourth Section of this book. In the experiments that are described in the Second Section of this book, one was interesting because it gave evidence of the working activity of a portion of an organ that was cut out and cleansed of its poisons, and given perfect food. The heart will beat, or a part of a heart separated from the body will beat, and do its regular work when free from poisons and at the same time properly nourished. The liver, in whole or in part, will do the same thing. In the living body, this organ becomes depressed by the generation of carbon poison, by the accumulation of broken down tissue, by the presence of foreign elements, by adulterations and by preservatives. In one way or another, all these enemies attack the liver. While its main work is to emulsify the fat of foods, its own power to work comes from the nutrition that the blood feeds to it.

BILE should move downward and mingle with the food that has been digested at the stomach. But sometimes the bile will be thrown into the circulation, and pass with the blood all through the body. In such case the balls of the eyes become yellow, and the skin is of a bilious hue, and sometimes is gray. The pulse is slow, the mouth has a bad taste that sometimes is very bitter, the skin breaks into eruptions, and nervous irritability follows.

CURE.—The first step is to remove the poisons that are massed about the liver and in the intestines. Most doctors give medicines to physic the system. This is not necessary unless there is great immediate danger. All efforts to loosen the system by physics brings an after penalty; for some degree of paralysis fol-

lows such methods. The best thing to do is to fast for one day, as stated in the Eighth Section of this book.

On the first day after the fasting, make three meals of the following foods, or any of them that you can get: Celery, not cooked; Lettuce; Young Cauliflower; all raw; chop fine, and cover with the juice of a lemon; chew slowly and for a long time each mouthful. On the second day after the fasting, take the first three meals described in the Eighth Section; and repeat those meals for another day; then proceed with the other meals as therein stated.

When there is biliousness or jaundice, it is important to avoid all fats, all fried foods of every kind, all butter and cream, all coffee and tea, all alcoholic drinks, all canned goods, all white bread, all sugars and sweets; and depend on lean beef, undercooked, and the ONE-HOUR FOODS of the Fourth Section.

## 11. POOR BLOOD

**CAUSE.**—The blood, when poor, may give rise to several blood and skin diseases. Anemia is the common result of lack of good blood. This fluid is merely a river of nutrition that has been secured from the food eaten. The blood makes itself, just as each organ makes itself. All that is needed is proper food in the stomach. The blood gives up some of itself in the form of gastric juice; this enters the wall of the stomach, digests the food, and is then thrown back into the blood laden with the newly arrived food. The first trouble is that, if there are more than the needed elements in the food, the blood must carry them; as, for instance, when tomatoes are eaten, a large quantity of oxalic acid is thrown into the blood and must be carried through the body. In some cases this acid is deposited in the muscles, bones, joints, or nerves and sets up the inflammation known as rheumatism. Acids from vinegar and sour things are also thrown upon the blood. Thus vinegar and pickles will destroy the red part of the blood very fast and lead to anemia. All the five enemies of life described in the Fourth Section of this book are ever at work weakening the blood.

**CURE.**—The quickest cure is that which is based on the experiments of the Second Section of this book, by which it is shown that any part of life will build itself when freed from the poisons



that do it harm, and given perfect food. Nothing surer can be found than the method of building a new body that is set forth in the Eighth Section of this book.

One of the best assistant methods for building up good blood is to follow the plan stated under the Treatment for Loss of Appetite which precedes this.

## 12. BOILS.

**CAUSE.**—Boils and carbuncles are excellent examples of the kind of dead matter that is all the time accumulating in the body. The very pus that is seen in the fully developed boil ready to burst is but a part of the general waste and dead matter that constitutes the first enemy of life which has been described in the Fourth Section of this book. Your whole body carries this enemy distributed in every cubic inch of flesh, and along the bones, the nerves, organs and membranes in all parts. The reason why it breaks out in boils and carbuncles is because something has irritated the skin at a particular place and thereby introduced some dirt germs that unite with the dead matter of the body and set up immense colonies which develop into a large sore. This in time will break and let out the pus, then heal and possibly leave a scar.

**CURE.**—It is an old claim that a boil or carbuncle will clean out the system. One will not. A hundred might do so. But while this cleaning out is going on, enough new material from bad food selection will be brought into the blood to support another hundred boils. One boil that is allowed to come to a head will be followed by others, and the train may not cease for a year or two. The first curative step is to deal directly with the boil. **NEVER LET IT COME TO A HEAD.** Kill it as soon as possible. This is done by deep lancing, and the use of strong antiseptics that may be procured from any drug store. Keep lancing it till all growth stops. Go to a doctor, if you do not want to do your own lancing. But do not allow him to advise you to let it come to a head. One boil, checked early in its career, will be all that will come. If allowed to make a head, there will be endless other boils to follow.

Having got rid of the boil, and even at the time you are killing it, follow the plan of rebuilding the body stated in the Eighth Section of this book.

## 13. BRAIN TROUBLES.

CAUSE.—If the brain is not a perfect organ, or if it has come into life with inherited defects, there may not be a cure possible; the cause is beyond control. Yet every person who is thus afflicted may gain great advantage from a strict adherence to the teachings of this book. But there are brain troubles that come upon a healthy person after years of freedom from them; and these are due wholly to the things that enter the stomach. It is not natural that any kind of misfortune in this world should break down the mind, if the blood is good and the health normal. Surrounding the brain are three layers of membranes known as the meninges. These membranes make or break the brain and the mind. There are many ways of giving them perfect nutrition, and of giving them poisons in the blood; and there are many ways of proving that the good health or ill health of these membranes affect the brain and mind. It is possible to make these membranes perfect in their structure; and, when perfect, they fill the mind with nothing but optimistic moods. The experiments are worth trying. Any one who knows what it is to be patient and skilful in making investigations, can prove that perfectly healthy meninges feed the brain with clear mental faculties, with new mental energy, and with absolute hope for the day and the future. As long as there are five enemies of life, and as long as one or all of these enemies are allowed to taint the blood and fill the system with poisons, so long will the brain be the victim of disease and be in danger of breakdown. Remove the five enemies, and there is no form of dissipation that can produce softening of the brain. This organ will endure anything when once it is the seat of healthy membranes.

CURE.—We do not teach self-denial, abstemiousness, and other good traits in order to effect a cure of mental trouble or brain degeneracy. We used to teach these things. But of late we have found to a certainty that physical perfection of the body will efface all the dangers that are standing about the brain. It is true that the foods should contain the elements that the brain needs; and beef that is under-cooked, whole wheat, brown rice, oat meal and milk contain these needed parts. There can be no perfect health without them.

## 14. BAD BREATH.

CAUSE.—Look back to the account of the boils and carbuncles, if you wish to know what makes your breath foul. The presence of broken down tissue in the body accounts for it. Often the stomach itself is slow to digest food; gases form, and these indicate a foul condition there. The liver is sluggish, and does not perform its work. A man of our acquaintance suffers from closed intestines; and for many years he has evacuated the contents of the bowels through a metal tube placed not far below the liver; yet the stench is something indescribable; and doctors know that it is not as bad as the general odor farther down the tract. As this great volume of stench is separated from the lungs and air passages by a slight partition only, you can easily understand why some people have a bad breath who do not make an effort to sweeten these functions as far as they may do so.

Whatever will make digestion slow, will increase the foulness of the breath. Tea, coffee and all stimulants decrease the time of digestion, and should therefore be avoided. The foods in the long time classes as already described in an earlier Section, retard digestion.

But a sweet breath can be secured by faithfully adhering to the Treatment for Loss of Appetite which is given a few pages back in this Section. Added to this, outdoor air in great abundance and for long periods daily, will help wonderfully.

## 15. BRIGHT'S DISEASE.

CAUSE.—It is very rare that a person under forty years of age is subject to this malady. It attacks those who are over forty, and is almost always incurable when advanced. It gives little or no warning. The first thing the victim knows is that the eyes are fast giving out, and then he is told he has less than six months to live. There are three kinds of Bright's disease:

1. The inflammatory disease.
2. The gouty affection.
3. The waxy condition. The latter is due to venereal diseases and is never curable.

The gouty affection attends the presence of uric acid in the blood, and has its origin in the same cause as rheumatism, which



see. In the kidneys, as in the liver, there is a change of tissue to a leathery growth which refuses to carry on the duties of the organ, and death ensues from gout or from urine poisoning.

The inflammatory condition of Bright's disease is curable in the first stage; and there need never be a failure to effect such a cure. But in the advanced stage, there is a breaking down of the heart, the blood vessels and various organs; then no hope remains.

**CURE.**—The first thing that an expert asks of a patient is if he is addicted to the use of beer, wine or liquor; for alcohol is the surest enemy of the kidney and liver. But there are kinds of Bright's disease that may or may not be caused by alcohol. An excess of meat-eating may contribute to the danger. In countries where the people never eat meat, there has never been a case of Bright's disease. At the same time, the people have no craving for alcohol. These may be mere coincidences. If this malady is suspected, the first thing to do is to look to the diet. All experts know that. The only drink should be distilled water, or soft spring water, or rain water. The steam of boiling water, condensed, is distilled water, and home-made stills are easy to secure through the aid of a local tinsmith. All other drinks should be avoided. Tea, coffee, charged waters, soda water, and all alcoholic drinks are hurtful. All patent medicines do harm. Despite the claims of advertisements, there is no medicine that will decrease the malady. The only cures ever effected have come from dieting.

The direct action of this disease is the accumulation of urine in the blood which goes to the brain, heart and all parts. The skin must be kept open. Perspiration is an advantage and necessary. This is secured by wearing porous under-clothing, heavier than is ordinarily needed. A hot water bath every night is important. The lungs carry off a great deal of the urine; and deep breathing is an aid in this respect. Any person who so desires, can easily double the volume of respiration as a habit. Of course, it is not natural for all urine to pass out through the lungs and skin, although part of it escapes in those channels even when the health is perfect. The kidneys are made to do that work. Under the experiments such as are referred to in the Second Section of this book, a piece of kidney cut out and placed on a slide at once; or, after being in cold storage for any length of time, no matter how

long; will, when freed from its poisons and given perfect food, begin to grow healthy tissue and perform the function for which it was created.

In this one great law, vast and wonderful in its meaning and scope, rests the future salvation of humanity from the most dreaded of all diseases. What a piece of kidney can be made to do when cut away from the body in which it grew, the whole kidney can be made to do in the living body itself. First, get rid of the poisons that infest it; and these are described in the Fourth Section of this book. Then give the kidney perfect food, as set forth in the Eighth Section of this book.

In desperate cases of Bright's disease, resort at once to buttermilk, distilled water, and the escape of the urine through the lungs and skin, as already stated. Take no other food than buttermilk, and take all you can get into the stomach, always slowly. Put double work on the skin and lungs. Some cases have pulled through in this way. But if you have this malady and do escape death, adhere to the ONE-HOUR FOODS after you are well, for you may not retain your health long if you are again careless.

It is better to prevent this malady than to try to cure it; so if you have fear of it, adopt the ONE-HOUR and TWO-HOUR FOODS now; and let tea, coffee, beer, wine and liquor alone.

## 16. BRONCHITIS.

**CAUSE.**—This is catarrh of the air passages to the lungs, and is a lower kind of sore throat. The catarrh that begins in the nose, and passes to the back of the mouth, is inhaled into the air tubes that lead to the lungs and becomes chronic. The first cause is the presence of dead animal tissue in the blood and body. If you will refer to the Fourth Section of this book, and there study the First Enemy of Life, you will understand what it is by comparing the catarrhal discharges of the nose with the description given of dead tissue. Your body is loaded with this broken down matter. Who is there that lives that has not had catarrhal discharges from the nose and throat? Yet all catarrhs are merely efforts of the dead tissue to escape.

**CURE.**—The best cures of the past have been found in doubling and tripling the work of the lungs; making them throw off as much of the dead tissue as possible, for it will pass out in the

form of invisible vapor during respiration. This has proved very effective; but it is like employing a cleaning engine to extract waste matter from a house at one door, while bringing in the usual quantity at the other door. In the past two years, we have found that a combination of the increased respiration with the plan set forth in the Eighth Section of this book, will not only bring a perfect cure, but will also prevent the re-appearance of the trouble. This seems most sensible.

### 17. CANCER.

A few facts have been established concerning cancer:

1. Its primary cause is the abnormal weaving of tissue that makes flesh.

2. When this abnormal weaving of tissue has once begun in any part of the body, it seems probable that specific germs or bacilli attack the growth; but this latter presumption is not yet proved, although it is well indicated. Experts are at work throughout the world, trying to discover these germs. But the abnormal weaving of tissue is easily demonstrated. In fact, it does not require a high-power glass to reveal it.

3. CANCER is the most dreaded of all diseases.

4. There is but slight hope of cure, and that comes only when the first erratic growth is discovered, and removed by a knife. Radium is said to have been partly successful in early stages, where small areas are controlled.

5. CANCER is yearly increasing its number of victims. Children and younger people are not subject to it, as a rule, but it increases every year its slaughter of men and women who are in middle life or mature. Among the grown people, the recent death rates show that ten per cent die of this malady where, a few years ago, less than seven per cent were slain by it. The rapid increase today is such that it is a certainty that, in every hundred thousand mature people, more than ten thousand will die of CANCER. Experts who are following the statistics, say emphatically that, in less than ten years, the death rate from this disease may double; or 20,000 people in every 100,000, of mature age, may expect to meet death in that way.

6. There is no disease that causes more suffering than CANCER. The pains are intense, and the wretched conditions so abject that



death is much to be preferred to the weary months and years of waiting for release. The cancerous discharges are filthy and loathsome. A blight is cast over the lives of loved ones who must share the humiliation and disgrace of this disease.

7. The warning of a coming cancer is generally too late. The rule that is safest to follow is this: When a lump or hardening appears at any place, no matter how small, and refuses to be reduced by the circulation, then it should be watched for a sudden growth far beneath the surface, where its arms reach out to great distances before the sharp pain is felt. Only an expert physician can properly determine what it is.

#### HOW CANCERS BEGIN TO GROW.

Inasmuch as it is easily proved that a cancer originates in an abnormal weaving of flesh tissue, which afterwards may or may not invite probable germs of the disease, this much of the trouble may be studied and prevention is possible, and even probable. The following steps take place in the process:

1. Every part of the body is woven, even the bones and muscles. But what is called **TISSUE**, is flesh-weaving. This is taking place every minute of life, day and night. The weaving consists of a mass of cells, somewhat like the structure of honey-comb, that grow out from the mass that is already in place; the old cells and old tissue changing all the time into the new. Life and power are the result. No better reading in this connection can be found than the Second Section of this book, telling how life is built.

2. The only material that can be used in weaving new tissue, is the **BLOOD**. For this alone, circulation is given the body, and the heart is the pump that forces the blood to all parts so that none may escape the building operations.

3. Just before the blood enters the heart, it is purified by the fresh air that is inhaled into the lungs. If you could see the blackish, angry looking fluid called blood before it enters the heart, and then behold the purified, clean, **RED BLOOD** after the fresh air has changed it, you will at once understand the importance of inhaling at all times only pure, fresh air.

4. The flesh that is woven by the blood can never be any better than the blood which weaves it. Nothing is better than the material that composes it.

5. If you send a river of blackish blood throughout your body, the flesh that is woven will be bad, and the tissue will be abnormally formed. Do not think that every abnormal tissue formation brings on cancer; other conditions must unite, just as it takes three causes to set up deadly pneumonia: congestion arising and spreading from the stomach, vitality lowered by exposure, and the specific germs; all must unite before pneumonia will follow. So in cancer, while abnormal growth of tissue is the great basis, it alone will not cause cancer.

6. But if you can PREVENT that abnormal tissue growth, you can always PREVENT CANCER. The other cause or causes will be powerless.

7. Cancers grow on the surfaces, and likewise in flesh masses, and deep within the body. Uterine cancers are clearly proven to be the result of defective blood, weaving abnormal tissue in an organ that requires regular and free cleansing in full periodical functions. If you send blackish blood there, it alone may cause the erratic tissue growth; but, add to that the stagnation or checking of the functions which are intended by nature to do great cleansing work, and the danger is increased.

8. If fresh air does not reach the blood at the lungs, the blood may yet by selective process weave normal tissue, although weak and tending to sores, boils, ulcers, and skin defects, as well as organic breakdown, in which the liver joins. But if the blood is itself broken up by any direct poison, it can never weave perfect tissue; and in the course of time it will weave abnormal tissue into the bed of which the seeds of cancer will take growth.

9. What kind of poison is there that will break up the blood at the lungs?

10. It is admitted by all doctors, and all experts in this line, that if tobacco comes in contact with a scratch on the lip, face, tongue, throat, or surface of the body, CANCER may follow. But doctors do not believe, as a rule, that the seeds of cancer are in the tobacco; and we do not believe so.

11. All that is proven against tobacco is that it contains a powerful poison, and this is everywhere acknowledged; and this poison in the form of smoke entering the lungs, not only pushes aside the pure oxygen needed by the blood, but in place of the oxygen, it forces into the blood the same nicotine poison that causes cancerous growth on the surface of the flesh. In other

words, nicotine in the form of smoke breaks up the blood formation, and prevents the making of pure red blood, so that the tissue of the body suffers, and may at any time set up abnormal growth.

12. The same poison in tobacco that all doctors know will cause cancers on the face, lips and at other places, will so debase the blood that the latter cannot build normal tissue. It does not require much tobacco smoke to affect the blood. Sometimes where the air is free from such smoke and the *odor is present*, the nicotine in invisible form enters the lungs, often of people who are not smoking and who are far from the smoker; and such smoke takes the place of oxygen and prevents the cleansing of the black blood which is given the duty of building the body.

13. Many cases are known where parents, or one of them, being addicted to the habit of excessive smoking, have transmitted to the blood of the next generation imperfect tissue cells, and so have caused the inherited tendency to cancer; for the child's cell life is merely a continuation of the cell-life of its parents. It is clearly demonstrable that bad blood tissue from parents, or the use of tobacco in this generation, or the inhaling of tobacco smoke even by those who never smoke, may cause the formation of abnormal tissue.

14. The fact has been established that *no person who is wholly disconnected from the poison of tobacco in all forms, can ever be afflicted with cancer.*

15. Thus two valuable facts have been established:

*a.*—If you can prevent abnormal tissue growth, you can prevent cancer.

*b.*—If you can avoid contact with tobacco smoke or tobacco itself, you will never have cancer.

16. If you place in the mouth a piece of dry cracker and hold it there, in a short time the mouth will be partly filled with saliva. Remove the cracker and the saliva will disappear without being swallowed. If you allow a piece of loaf sugar to melt in the mouth until it is wholly melted, the sugar will disappear without being swallowed. There are great GLANDS or sponges that allow the saliva to enter the mouth from the blood, and that also absorb all mouth fluids into the blood.

17. Men who chew tobacco are positive that they never swallow any of the juice of the tobacco. This is probably true; but the glands at the mouth are constantly absorbing the tobacco juice



into the blood; and proof of this fact may be had by analysis of the blood itself, as well as by tests with the glands.

18. Women who put snuff in the nose, do not realize that it melts in part, and the melted part is absorbed by glands into the blood. Men who hold cigars, either lighted or unlighted in the mouth, do not realize that some of the nicotine passes into the blood through the glands.

19. It will be seen that any contact with tobacco, or with tobacco smoke, may lead to cancer, although the victim may not be a user of it.

20. We do not believe that the germs of cancer are contained in tobacco; but we do know positively that the inhaling of tobacco smoke, or the chewing of tobacco, or contact with any form of tobacco, may CAUSE THE ABNORMAL GROWTH OF TISSUE, which is the first great beginning of all CANCERS. It is in such growth that the germs set up the disease.

21. What is known as "smokers' cancer," the same malady that caused the death of General U. S. Grant, and of many prominent men, is just like all cancers. The public is informed of such deaths only when the victims are royal personages or very well known; but a physician who had investigated this subject made the statement that "more than one hundred thousand men had died of 'smokers' cancer' since he began practice, although cases were sometimes quite isolated."

22. Recently the papers have had much to say about the death from cancer of the tongue of a person known all over the world. This man had been warned of his danger, but gave no heed. Cancer appeared on the tip of his tongue, and was cut out; it spread, and the whole tongue was removed. He could not talk, but could sing wordless songs. The cancer formed at the spot on the tongue where the cigars touched it as he smoked. He said that he would have escaped cancer had he smoked moderately, and attributed his affliction to the excessive use of tobacco. But the point is this: if tobacco in excess will cause cancer in one person, it will cause it in others when not used to excess. That it causes it, is all that need be known of that part of the subject.

23. But cancer of the tongue from contact with the ends of cigars is a frequent visitation. While cases are seemingly scattered, cancer doctors and sanatoriums know the great total number of such victims. They run into thousands in a very short time.

The main fact is that the cancer begins to form at the part of the tongue where the cigar touches it.

24. One of the precautions sent out by experts on cancer is this: "Persons who use tobacco should be very careful to avoid contact with any cut or scratch on the tongue or lips, no matter how slight. The teeth should be looked after, as sharp edges may cause abrasions that would be harmless if tobacco were not to touch them." All cancer doctors concur in this. The precaution has led some persons to believe that the germs of cancer are contained in tobacco, which cannot be proved. All the harm that tobacco does in causing cancer is to set up abnormal tissue growth.

25. That the germs come from previous cases is claimed by doctors who refer to houses in cities where tenants following those who were victims there have died of cancer in the same houses. Several houses have had three or four generations of cancer victims. In all such cases, while germs are indicated as the final cause, all the tenants have been tobacco users. In some houses where such deaths have occurred, new tenants who were wholly exempt from the tobacco habit, were exempt from cancer.

26. A recent death from cancer of the lip was published far and wide in the papers. The man had never smoked a cigar, but always used a pipe. One day he drew the pipe quickly from his mouth, and the rough part of the clay stem pulled off a small piece of flesh from his lower lip. This he tried to heal by touching it with some tobacco. Cancer resulted, the lip was cut away, but he died.

27. While "smokers' cancer of the throat," as doctors call it, kills tens of thousands, cancer of the tongue from cigars is a close second. There are many victims who have had the tongue cut out, but without avail. *In Europe where the habit of smoking cigarettes is on the increase among women, cancer of the tongue is also on the increase.* In fact the remarkable increase in deadly cancer year by year is accounted for by the increased use of cigarettes; and women suffer much more than men from this horrible fate.

28. Snuff is tobacco. A woman whose nostril was closed, placed snuff only in the left nostril, and died of cancer of the left side of the nose. Of all the deaths from cancer of the face, many are traced to the habit of snuff taking; and others to some form of tobacco use.

29. The papers have been discussing the death of a woman who had a fondness for putting snuff in the mouth, not to chew, but to

hold there, and she always placed it against the left cheek. There was no abrasion or cut; but cancer developed, and the left side of the face was cut out; but the result was death, as the disease is a hopeless one.

30. A man who did not chew, formed the habit of biting off the end of a cigar and holding it in the mouth against the right cheek. Cancer formed at the place and he died. If all known cases of the kind were collected in one book, they would surprise the world. But cancer doctors undersand them fully, and know the relation of tobacco to cancer.

31. A woman who carried her snuff box under her clothing, a few inches below the neck, died of cancer at that place.

32. Another woman who used to conceal her snuff bag by sewing it to the lining of her dress below the hips, died of cancer that formed at that place.

33. A man, who was a well known doctor, carried his cigars in his upper left hand vest pocket, so that the ends of the cigars touched the armpit; and he died of cancer under the armpit, in the forward part exactly where the cigars touched the body. The writer knew personally of the case, and mentioned it to a cancer expert, who stated that he knew of more than twenty cases of cancer of the armpit caused by carrying cigars in the pocket of the vest. If you wish to see how easily this may occur, place half a dozen lead pencils in the upper left hand pocket of a vest, and note where the ends strike; of course, cutting the pencils to the length of a cigar.

34. The writer may be pardoned for stating that a relative of his who could not be induced to give up smoking, died of cancer from that cause; and this relative's brother also died of cancer from the same cause. He also knows of the death of a gardener, a friend of his, who scratched his hand and applied tobacco as an antiseptic, which resulted in a cancer at the scratch, although he had countless times been similarly wounded and had never applied tobacco as a healing agency.

35. This brings up the question, Is not tobacco an antiseptic? Yes. But the duty of an antiseptic is to destroy cells of disease-germs. All flesh is composed of similar cells, and are equally destroyed by antiseptics. It is for this reason that sterilized milk reduces the health and vitality of children, as the food cells are



destroyed. Tobacco does its harm in changing the cell structure of the tissue. It is a destroyer of good tissue, as well as of germs of disease. After it has set up abnormal tissue growth, and is gone, the germs of cancer probably enter. They are very likely too powerful for any antiseptic, as has been shown in the great battles of experts to kill cancers by such methods.

36. As has been said, the increase in deaths each year from cancer, is found largely among women who smoke cigarettes. One woman found what she called a peculiar sting on the tongue, as the smoke came in contact with it, and shortly a cancer was developed. She had her tongue removed, after fighting the advice for a long time; but she died. This case is becoming typical. *The harvest is only just now beginning among women who smoke.*

37. We seek light and information. We have no grounded prejudice against the use of the pipe or the cigar by men, who employ it after a meal to aid digestion provided they do not compel others to inhale the smoke, even in slight quantities. But that is as far as tobacco should be used. Years ago we asked, through our thousands of members everywhere, to be informed of any case where a person died of cancer who had never come in contact with tobacco, or who had not inhaled tobacco smoke. One strong case was brought to our attention: that of a woman who died of cancer of the neck. But we found that she had a window bench of flowers, and that she placed tobacco stems around the plants; and, while handling the stems and breaking them into pieces, she would lift her hand to her neck as she watched the flowers. It was at this spot that the fatal cancer grew. Can anyone doubt the relation of tobacco to cancer?

38. While it is not openly stated, it is a growing belief among experts that, in the near future, every case of cancer will be charged to the use of tobacco or to the inhaling of tobacco smoke. In other words, it will probably be proved that cancer is impossible unless its origin is due to tobacco.

39. Persons whose blood has acquired a cancerous tendency, especially from inhaling tobacco smoke, will recognize such tendency from the slowness with which bruises and slight wounds heal. The greater the cancerous tendency, the longer the discoloration will remain.

40. A sore or hardening lump under the skin, or in any part of the body that will not heal at all is cancer. As we have already

advised, it is very important to consult without delay a physician who understands this disease.

**THE REMEDY.**—Owing to the facts as far as they are proved, every man who smokes should be brave enough to go out into the open air, and avoid inhaling any of the smoke which he produces. But, above all, he should be generous enough to take affirmative steps to protect all other persons from the smoke which he exhales. He will then be on the safe side, and will put his fellow beings beyond the danger zone.

## 18. CATARRH

**CAUSE.**—Most people think of catarrh as belonging to the nose. It most frequently appears there. But catarrh is nothing more nor less than the effort of the dead tissue in the body to break through the pores of a membrane and get free. Look at the pus in a boil or carbuncle; that is composed of dead tissue that has been brought to the skin in an effort to get away; mixed with germs that have been introduced from without. It might be well to remember that life within the body is performed through membranes which are linings, full of pores or small holes invisible except through a microscope. These membranes surround every organ and every gland and are a series of walls that hold the blood back. Thus, at the lungs, if the membrane does not keep the blood from passing through its pores, you will spit up blood. This is common among consumptives. Blood sometimes rushes into the stomach through the porous wall. The membrane that lines the nose often lets the blood through, and we call it nose bleed. The same membranes let through the poisons in the blood, and we call it catarrh. There is no membrane in the whole body that may not let these poisons through in the form of catarrh. They carry out the accumulated mass of broken down dead tissue, known as the First Enemy of Life in the Fourth Section of this book. Read all about that Enemy; it may change your whole method of living if you realize what that Enemy is and may accomplish in your body.

There is catarrh of the throat, because there is a membrane in the throat through which this dead tissue may flow. There is catarrh of the air passages, called bronchitis. There is catarrh of the lungs called pneumonia when it becomes too great in volume

to be passed off by respiration. There is catarrh of the stomach, of the liver, of the kidneys, of the bladder, and of every part of the body that has membranes.

CURE.—Most people doctor catarrh at the wrong end. It seems very strange to see men trying to shut off catarrh at the nose by douches, sprays and treatment there, when the cause is in the whole system. What is gained by closing the door and shutting in the enemy; or by cleaning up the carpets of a house as long as the sewerage is admitted to all parts of the house? The only sensible plan is to go to the source, and shut it off. The only actual cure known today or that ever will be effective, is the method set forth in the Eighth Section of this book. That is now curing every kind of catarrh.

## 19. COLDS

The Cold is the most common of all human ailments.

It is the warning of nature that things are not right in the body.

It is the first apparent step in such maladies as la grippe, catarrh, sore throat, diphtheria, consumption, pneumonia and other afflictions, the presence of which is usually accounted for with the remark that they "developed from a heavy cold."

Some things are known today about colds that were not suspected a short time ago. At first thought you would refuse to believe the statement that every cold has its origin in a congested stomach. Yet this fact can be proved, and *you* can prove it if you will take the trouble to watch yourself, and to study conditions within your body. Before doing so, read carefully all that is said in the TENTH SECTION of this book.

The assertion that every cold has its origin in the stomach has been made privately many times to people who seemed to doubt its accuracy, and we have extended the invitation to study the beginnings and progress of colds in individual cases so that the truth may be ascertained; and the results always have confirmed the claim.

The stomach is lined with a surface that is filled with pores too small to be seen except by the microscope. These pores are cell-engines that carry on the work of admitting the gastric juices and digesting the food. When the stomach is normal, the whole cell-surface and the engines that compose it, do their work



so perfectly that almost anything can be digested for a time; but when foods that are indigestible enter, or posions, chemicals, drugs, preservatives, fried stuff, and stimulants, spices, and other barbaric materials are dumped into the stomach, the delicate cells and engines at the pores are irritated, and cannot do their work well. This irritation is in the form of soreness that is usually free from pain, but that sets up one of several degrees of congestion:

1. The least degree of congestion in the stomach shows under the microscope the faintest flush of pink color beyond the normal coloring of the lining.

2. The next degree of congestion of the stomach shows a decided lesion, but gives no pain. The cells and engines are badly crippled, but proceed to carry on digestion as best they can, but not with full success.

3. The third degree of congestion of the stomach shows an angry irritation. This is painless, but a serious menace to all the organs and membranes of the body.

4. The fourth degree of congestion of the stomach causes some feeling of pain if the hands are pressed over the zone of the stomach and the abdominal wall is pushed in firmly and deeply.

5. Beyond the fourth degree the acute forms of gastritis, indigestion and other maladies follow.

When only the first degree exists, as it does in nearly all persons who seem perfectly well, the body does not suffer except in the possibility of a sudden increase of the congestion through some act of indiscretion in eating. But when the second degree exists, an attack of acute indigestion may prove fatal without the least warning; and this is true of the higher degrees.

All degrees of congestion of the stomach spread to other membranes or linings; to the right and left; downward and upward; and most quickly along the passages that lead up to the throat; for the throat, stomach and tract are merely one and the same system, elongated but closely connected in every operation of life and sickness. The first degree of congestion may not spread far from the stomach, but the second degree reaches some distance beyond; while the third and fourth degrees involve the whole membranous system of the body, even to the head and brain. Every doctor looks into the mouth and throat for these signs, for he knows that these parts change with the health of the stomach. "You see that redness at the back of the tongue," says the doctor: "that

shows inflammation of the stomach. The whole tract is congested. The throat is likewise influenced by the stomach. The throat is not sore, nor is there cold or la grippe present as yet; but these are the exact conditions that cause colds, sore throats, la grippe, and even more dangerous results."

This wisdom is modern, but it is universal among skilled physicians. An expert says, "Any practiced eye can learn the condition of the stomach by looking at the back edges of the tongue and throat." These evidences show themselves ahead of a cold. Many persons whose throats and tongue are congested, escape the dangers that generally follow; for the stomach *rights itself* with careful treatment, and the germs of cold and other diseases get no hold on the sore membranes. The following facts should be kept in mind:

1. Colds and throat troubles are impossible unless the stomach is first congested and the congestion spreads to the mouth and throat. Pneumonia, la grippe, consumption, diphtheria and other afflictions must likewise be preceded by stomach congestion of the third or fourth degree.

2. If the stomach *rights itself* under careful treatment before the specific germs of disease attack the congested surfaces, no colds or other dangers will follow.

3. If such maladies do follow, then the only cure that is possible must be begun by *righting the stomach* so that the stream of spreading congestion will be checked; and healing will proceed to the afflicted parts; but this does not avoid the necessity of local treatment, although the latter alone can never effect a cure.

#### 4. What CAUSES a COLD?

It originates always in the congestion of the stomach; this soreness spreads to the membranes of the throat, mouth and nose, and makes them easy prey to the germs of disease; but these germs are necessary as the match is necessary to fire the powder. A powerful vitality resists the germs, but drafts, dampness, chilling winds, and exposures of various kinds, lower the vitality so that its resistance is gone. The CAUSES of a COLD are therefore combined. Here are some of the apparent mysteries concerning this common enemy:

1. Some persons do not catch cold at all, no matter how much they expose themselves to the germs and to bad weather conditions. They are possessed of stomachs that are not seriously

congested. This fact is so important that observations will prove valuable to those who doubt it.

2. Some persons are so fearful that there is never the least indiscretion in clothing, or exposure to drafts and other sources of danger. They say, "The more careful I am, the easier I catch cold." The fact is, however, that they possess congested stomachs. Such stomachs are chronic with countless thousands of people. We have seen so many such cases that the law has become an axiom to us.

3. A combination of the third or fourth degree of congestion of the stomach with low vitality, or average vitality, will subject any man or woman to colds, so that they are led to believe that carefulness in avoiding exposures coddles them and renders them easy prey to colds. When they become careless, then they pop off with pneumonia or find themselves hopelessly ill with consumption; or la grippe brings them close to chronic invalidism.

4. Good vitality, even with slight congestion of the stomach, will ward off colds until some indiscretion in eating suddenly increases the congestion which spreads and involves the whole body, or possibly only the lungs. This combination is made worse when bad weather conditions cause exposure to chills and loss of vitality.

5. When the lining of the stomach is in perfect health, it is clean, clear, free from lesion, and splendid in its texture; and all membranes leading from it are in the same good condition. A person so blessed can defy winds, drafts, open windows and all kinds of exposure, and they laugh at those who are not so fortunate.

6. Some well meaning, but sadly ignorant fresh air advocates, advise people "not to coddle themselves," but to throw the windows wide open in zero weather and harden the system. This may often be safe enough when the system is wholly free from congestion; but the fact remains that, in proportion as congestion is present, the body must be coddled. The death rate today from pneumonia is alarmingly large; and yet this malady is merely composed of congested membranes, on the stagnant blood of which the ever-present germs of pneumonia have found fertile soil because of exposure to drafts, chilling weather and other risks all of which are sure to follow if you do not coddle yourself; and they weaken your vitality to the danger point so quickly that the fatal



malady is doing its deadly work in your body almost before you are able to realize its presence.

7. Every cold begins with a congested stomach; and every case of pneumonia begins with a cold.

8. Safety is to be found only in a complete mastery of that organ. Start at once, read and re-read the NINTH SECTION of this book, and act upon it without delay; for, when the dread malady secures its hold on your health, your fate hangs in the balance of the merest chance, especially in this day when the law is powerless to check the adulteration of food from which so much congestion arises.

9. Learn to trace your colds to their true cause. Observe the effect of indiscretions in eating, and especially of eating the usual foods that are doctored by preservatives, any one of which is innocent of the charge of being poisonous, and yet the combined effect of several of which set up the causes of colds, throat and lung troubles, and other diseases.

10. While colds do not seem to be connected with many other maladies, it is true, nevertheless, that IF YOU MAKE A COLD FOREVER IMPOSSIBLE, you will make all other maladies impossible. FACTS speak more loudly than theories; and this GREAT FACT can be easily proved if you will take the trouble to prove it in your case. Learn to know when congestion is present in your stomach. Learn to recognize its different degrees. Prove in your own case the following FACT:

11. Every cold begins with a congested stomach; and a cold is impossible only when the lining of the stomach is clean, clear, and of perfectly normal texture.

## 20. BAD COMPLEXION

CAUSE.—The skin has several layers, beneath which there are fat glands, known as sebaceous glands, because they deposit fat to keep the skin supplied with oil, without which it would become dry and resemble parchment. Were it not for this wise provision the skin of the face would crack and break as when chapped. It is proper that a woman should object to a shiny face; but when the skin is nourished by wholesome food, the oil evaporates with the ordinary escape of the contents of the blood that are being thrown off as they break down in the circulation; and there is

no more gloss to the face than there is to the body. But the attempt of women to destroy the oil supply, as is done by the use of powder and other things, invites conditions that are much worse, for the way is being prepared for pimples, blotches, inflamed patches and other defects of the skin. You may attempt to compel the oil supply to remain under the skin, and thus defy nature, but that oil decays and turns into a poison just as fat turns rancid and becomes rank. You will never have a perfect complexion as long as the fat glands under the skin are choked and suppressed in their work. It is better to let them through, and avoid a more serious result. The true cause of a bad complexion, or an oily skin, is to be found, first, in the errors of eating; and, second, in the use of choking powders and other things that are applied to the face.

CURE.—Nothing is more easily proved than the fact that the complexion is the mirror of the stomach. The Ralston Health Club has always delighted in making experiments; not a few scores, but thousands and hundreds of thousands. We can arrange a hundred different diets for a hundred different women, and show each diet in the skin of the face, and in the white of the eye-balls. Fats, crisp foods, pork, ham, sausage, mince-pie, cake, soda water, candy, chocolate, and a long train of things that would quickly have put an end to the wonderful experiments of the Second Section of this book, show themselves in the face. One woman who had become discouraged after using every advertised cold cream in the drug store, and all sorts of treatments, was told to live on skim milk and whole wheat bread for ten weeks, and nothing else. She made up her mind to do so, and pledged her word that she would stick to it no matter what happened. In three days her face was covered with pimples and blotches; and her family almost compelled her to stop the diet. But we told her to keep on and never mind it if the skin was now being allowed to do the work that had been denied it for years. Once opened, the pores let the poisons through. In less than ten weeks she had the most beautiful complexion that had ever been seen in her locality, and was the wonder of everybody. The skin was clear, resplendent and of a natural hue that exceeded the most exquisite enamel of experts; yet fair and fresh like the first gift of nature to the maiden. People said, "This woman of forty has the face of a young girl." The same course of treatment is sug-

gested to any person, man or woman, who seeks to remove the blemishes of the skin.

## 21. CONGESTION.

CAUSE.—This condition has been explained in several of the treatments of this work thus far. It is due to inflammation of any membrane in the body, or of the skin, or glands. It is the cause of the constant demand for stimulants. It also attends every illness known; and, when the inflammation becomes acute, it is called fever. It is due to the presence of the enemies of life in the body, as explained in the Fourth Section of this book.

CURE.—When the methods of the Eighth Section have been employed effectively, all congestion will leave. When this general condition is mastered, so that no more congestion remains in the system, then sickness is impossible; for congestion is the first step away from perfect health towards sickness. In autopsies and exposures following sudden death of persons in good health, it has been found that no person is free from this trouble. It is assumed by doctors that some degree of congestion is always present in the human body from the moment of first feeding after birth, to the end of life itself. All persons grow up, mature and age, while carrying a greater or less degree of congestion in the membranes. In those that surround the brain, this inflammation controls the ill-natured moods, and the mental despondency that is so common. It also controls the judgment and the character of the working brain. In each part of the body, the condition of the membrane determines the value of the organ or its function. It would mean a revolution in all departments of life, if once the body could be given freedom from congested membranes. The fact that no pain is felt in the mild stages leads many persons to believe they are in good health when they merely are on the verge of sickness that keeps away for some time. The only cure is that found in the Eighth Section of this book.

Some of the ablest physicians now living state that, if congestion can be fought off in the lives of infants and young children, mortality, and even suffering, distress and kindred afflictions would be wholly unknown among them. Colic is but the warning of nature that congestion is present and beginning its dreaded work. Humanity is just now on the verge of learning what is food, and



what is not food; and it must also learn the other lessons of food value and digestibility, before life will be made free from needless enemies.

## 22. CONSTIPATION.

CAUSE.—This malady is the most significant warning that nature gives to humanity of impending danger. Like neuralgia, it tells the story of abnormal conditions in the body. From this one source, there arises a number of serious troubles that lead on to the grave. It is a well understood law of life, known to all medical men, that the person whose bowels move naturally without the aid of pills or purgatives, stands a chance to outlive the constipated person by twenty years on an average; and the records show that this law is universally sustained. Liver troubles, kidney troubles, bladder troubles, heart weakness, many female complaints, headaches, bad complexion, bad breath, bad blood, appendicitis, piles and hemorrhoids are but a few of the train of diseases that follow constipation. Some of the most common causes of this enemy of life are as follows:

1. Eating too much at a meal.—It is better to eat less and often, and to always arise from the table slightly hungry.

2. Eating too fast.—Bolting down food sends it to the stomach in a condition that the gastric juice will not act upon; and when food enters the stomach unsalivated at the mouth, and thus lacks gastric action, it passes on to the intestines as a solid mass. Eat slowly, very slowly, and thoroughly mix the food with saliva at the mouth.

3. Eating too much straight starch.—Here we make use of the popular term for such foods as potatoes, white bread, cake, and pastry; all of which cause constipation even when well masticated, if the stomach is in the least degree congested. Milk, cheese and cream, likewise may cause the same trouble.

4. Eating too many kinds of food at one time.—As each variety of food draws from the gastric juices its own portion of the fluid that enters the stomach, it must be true that two or more kinds of food will interfere with the flow of gastric juice, and thus prevent thorough digestion, which is the great cause of constipation. It has been amply proved that the only thorough digestion occurs

when there is but one kind of food in the stomach at a time. Variety of foods often checks digestion.

5. Eating foods that require a long time to digest.—It is not true that the short time foods are all good for a person; for some people do not assimilate foods that are suited to others. But it is true that foods that require three or four hours to digest, or longer, are to be avoided by persons who are troubled with this complaint. This does not mean that you should eat ALL the foods of the ONE HOUR CLASS or of the TWO HOUR CLASS. Select those that harmonize with you; and this is a good rule even if you are perfectly well.

CURE.—Under the various causes just mentioned, we have hinted at some of the curative steps. The best methods to adopt are those of diet and special treatment.

1. Take the LIVER EXERCISE as given under the Treatment for LIVER TROUBLES in this Section.

2. Before each meal, when you are sure the stomach is empty, drink one or two cups of hot water, of a temperature not less than 160 degrees; that degree of heat being the most effective. Distilled water, such as can be purchased at almost any drug store, or at many ice plants, is the best; as hard water is never good for the stomach. Rain water is the same as distilled.

3. After taking the fast described in the Eighth Section of this book, and following it with the stated meals, if the constipation still remains, make use of a MONO-DIET for three days, eating nothing but one kind of food all that time. You may select any one of the following: Cracked wheat such as you buy in bulk; cracked oats bought in bulk; large hominy, or samp bought in bulk; shredded wheat; raised bread, three days old or more, toasted and soaked in eggs cooked so as not to harden, avoiding any hard parts of the egg and flavoring same with butter and salt. The wheat, oats and other foods referred to, may be eaten with butter, or thin cream and salt, as you may prefer. Do not continue this diet if the trouble ceases.

4. If constipation is bad, avoid all meats except rare beef which should be taken sparingly. Many persons cannot eat meat at all, because of its effect on the bowels.

5. If you continue eating wrong foods, or if you persist in any of the five causes of constipation that are stated in the first part of this Treatment, there is no use in trying cures. Some persons

maintain the most heroic efforts to get cured, but never stop the main causes or any of them.

6. FIG-APPLE.—Take mild and fully ripened apples, and add to them, half and half, some chopped figs, that have been brought to the boiling point in water, but not cooked. Leave the skin on the apples and chop the whole figs with the apples into a very fine mass. Eat a large quantity of this every morning one hour before breakfast, after drinking the cup or two of hot water already mentioned herein. The figs should be dried off in the oven before being chopped with the apples.

7. FRUIT-BREAKFAST.—It is well known that the eating of juice-fruits may set up neuralgia. On the other hand, a person may be able to eat apples, pears, peaches, oranges, grape fruit, and other varieties of what is known as a fruit diet, without feeling any neuralgic pains, or rheumatic results. But it is important to be on the lookout for these troubles. The true fruits are the food kinds, especially figs and dates; they take the place of meats, and give strength without causing either neuralgia or rheumatism. As a cure for constipation they are very useful if you avoid all the five causes mentioned in the first half of this Treatment; otherwise it is useless to seek any cure. A FRUIT BREAKFAST consists of whole dates which have been put in water and brought to a boiling point, then dried off in the oven; and of figs so treated; also of mild, fully ripe apples, and fully ripe bananas. The dates, after being taken from the oven, are spread open, and the pits removed; they furnish the bottom layer. The middle layer is made up of FIG-APPLE, as already described. The top layer consists of sliced bananas, spread thickly over the top of the FIG-APPLE. When thus made, set away to get very cold. Prepare it the night before. *Make a full breakfast of it every morning if you wish.* Some persons, having started to live on FRUIT-BREAKFASTS, never change back to other foods. Remember that treatments may break the rules of the Eighth Section, in order to secure special results; but never otherwise.

## 23. CONSUMPTION.

CAUSE.—What is known as tuberculosis is the presence of a specific germ that destroys tissue and piles it up in little tubercles or mounds that remain and give out secondary poisons. These



and the loss of the tissue, bring on loss of vitality and death. Consumption is tuberculosis of the lungs. The basis of this malady is the presence of waste tissue that has died and remained in the body, and that has not undergone the change required to convert it back to its elementary condition. There are germs created to eat up all dead matter, both in the body and out of it. These germs become humanity's worst enemy while striving to play the part of friends. If you hold in your hand a dead bird that is rotting, and a vulture flies down and eats that dead bird, you are rid of a dangerous poison; yet if, in eating that bird, the vulture ate your hand in its anxiety to devour the bird, you lose the poison and your hand with it. This is the process of consumption. The germs eat up the dead tissue and, in so doing, they devour also the good tissue; and, being there, they remain and eat more tissue until the lungs are too far gone to sustain life.

CURE.—The first thing to be done is to prevent the accumulation of dead tissue in the body. All the while it is important that all germs shall be kept out of the way, for, if they are not permitted to enter the body, they will not set up consumption. Yet it is a known fact that no human being is wholly free from these germs. Every autopsy shows that, at some time in life, the lungs have been partly consumed by this malady; and the fact that they escaped was due to some counter vitality that held aloof the advancing germs. Vitality of a high order will always check and destroy them. But the best first step to adopt is the plan set forth in the Eighth Section of this book. This will make sure there is no soil in the lungs in which the germs can make their colonies, which they always do before tearing down the tissue. This method must not be abandoned at any time.

Rest for the muscles of the body is important. Hard work and strong exercise used to be regarded as helpful; but now it is known that all physical effort or mental strain tears down the tissue, and so retards a cure. If any exercise is taken, let it be light and gentle.

All germs of consumption enter the lungs in the house. They never attack a person out of doors. They always enter during breathing, and not in any other way. They are breathed in. If you will go to a window where the sun is shining in a room, you will notice thousands of grains of dust dancing in the air. If you catch some of them and look at them through a microscope, you

will see the germs of tuberculosis on them. As you are sure to inhale this air with its dust, you never fail to take into your lungs many germs of this disease if there is dust in the house. Knowing this to be a fact, all up-to-date schools are never dusted or swept, but the floors and furniture are cleaned by the use of antiseptic oils on cloths, so that no dust can be set free. The methods of cleaning carpets in houses by vacuum process, instead of sweeping, are bound to save many lives by keeping the dust from getting up into the air of the rooms. In any event, you will never catch consumption out of doors. The only way it is carried into the house is from the expectorations on the sidewalks that are caught by the dresses of women and carried indoors where they dry and are set free in the form of indoor dust; or they dry out of doors and become dust and are blown into the house through open windows. Persons who sneeze or cough, set free many germs that are caught on the indoor dust also, and others breathe this dust into the lungs. One method of prevention is to learn to inhale through the nose, for the nostrils contain a pair of sponges that collect and hold back all dust and germs when you breathe in through the nose. Only mouth-breathers ever get consumption.

Outdoor air and mild sunlight destroy all disease germs of every kind when the latter are exposed to the action of air and light. Therefore it is a help to live out of doors all you can. All sanatoriums for the cure of this disease provide outdoor beds and piazzas. In such a country as Texas where there are few rains, many patients have been cured by living in the open, sheltered by nothing but a canopy to hide the hot sun.

It is also known that the adoption of deep breathing as an art is a sure remedy for this disease if the patient can be taught to give constant attention to this method. It requires practice during all the waking hours. The purpose is to stretch the lungs and open up many new air-cells that have lain dormant since birth; to take the place of the air-cells that have been destroyed by consumption. Many remarkable cures have been effected in this way, and some of them have seemed like miracles, saving the victims when there was no hope left. But it required all day attention. No let-up, except to rest, was allowable. The method is very simple: Inhale the usual amount of air, hold it half a second, and let it out slowly. Repeat in the same way several times; then try to inhale for half a second longer than before.

This is very gentle and easy practice and cannot in any way cause weariness; but, if forced ahead too rapidly, it may start coughing which should be avoided. After having gained half a second of increase in the length of the in-going breath, repeat many times, and then aim to increase another half a second of time; and so keep on day after day making a steady but gentle increase; eventually seeking to expand the chest at the rate of an inch every month or two. Germs cannot live where the air is circulating in the lungs; as the germs of stagnant water die when the water moves rapidly.

Consumptives are given a special diet, and the following is the latest and best, being in use this very year. Buttermilk; whole milk raw but pure and clean; whites of eggs raw, four times a day, three at a time, making twelve whites of eggs daily; stale whole wheat bread six days old, broken in the raw yolks of eggs, at the rate of three yolks at a time, four times a day, or twelve yolks daily. Every other day, omit all the eggs and take instead the following: a pound of lean round steak raw, scraping all the red off the fibre, and salting and otherwise seasoning the meat, and serving raw on toast made from stale bread. Give this raw meat in four meals daily, a pound a day. Between those four meals give a pint of buttermilk, or three pints a day, for an adult, making seven meals on the meat days, and eight meals on the egg days. These meals should be two hours apart; the eight meals having seven intervals, or a total day of fourteen hours; while the seven meals will have six intervals, or a total of twelve hours.

While it is well to bathe the lower half of the body in warm water; the upper half should be bathed in pure sweet oil in the following manner: Take a hot towel and rub the upper half dry and thoroughly; then, with the hands, rub in the sweet oil with motions as rapid as possible. Rub in all that can be absorbed. Each sweet oil bath should require half an hour and should follow one of the meals. An attendant may be employed for this purpose, as it is rather hard work. But recovery is rapid also if this treatment is faithfully followed. There must be a willingness on the part of the patient, after getting well, to adopt the ONE-HOUR and TWO-HOUR foods of Section Four of this book. Pastry and other weakening foods will bring back the disease, and its second visit is not easy to control.



## 24. COUGHS.

CAUSE.—A cough is due to a congested throat. This condition begins in the stomach, and spreads along the passage to the throat, and from there may proceed to the lungs, carrying with it the germs of consumption, or other dangers. When the throat is sore, the habit of mouth breathing, both when awake and asleep, brings the air and dust against the inflamed walls of the throat, and lays bare the sensitive nerves at that place. It is often raw. If congestion reaches the lining of the nose in its progress from the stomach, sneezing must follow. If you tickle the lining of the nose with a straw, the result will be sneezing. So a change of temperature in the air will irritate a delicate nasal lining. The throat is just as sensitive. The exposed nerves are sure to be irritated by every passing breath, and the cough must follow.

CURE.—There are two methods of remedying this trouble. The most sensible is to drive out all congestion from the stomach, in which case the throat and nose will become clear and perfected in health. In the meantime the second, or local method, is to try to heal the raw throat by the use of the whites of raw eggs. Few persons know how to do this. The inquiry is constantly made, Can the white of an egg held in the throat pass away of itself, or must it be swallowed? If you swallow it, much good is done the stomach, but the throat will not heal readily. Therefore do not swallow it, but learn the difference between holding the white on the back of the tongue and in the throat. If held in the latter place, the longer it stays there, the more quickly it will heal the throat. But the glands will absorb it in time; and, then you should take the white of another egg and repeat until the rawness of the throat is healed. But keep on fighting the FIRST GREAT CAUSE, which is the congestion of the stomach.

## 25. CRAVINGS.

Any abnormal desire for something to enter the mouth or stomach is due to a disordered condition of the blood and body; but it always has its origin in a congested stomach. This one fault is the great cause of nearly every trouble that visits humanity.

Prior to the birth of a child, the mother may be subject to fits of intense cravings, seeking certain things that are wholly unfit

for her and for the child; and, unable to resist this desire, she does herself and her offspring great injury. Tracing the cause of this special craving to its source, it is always found to be a congested stomach. For this reason, the mother owes to the world the duty of protecting her own health in order that she may bring into life a being as free as possible from the maladies that follow thick and fast in after years. Most of the vicious habits of men and women are inherited in this way.

We have seen the desire for stimulants increased and decreased by the increase and decrease of the congestion in the stomach. The frying pan makes drunkards, and tea and coffee drinkers; for this method of cooking food adds to the indefinable torment of indigestion. Take the case of a man of great will power who had conquered his desire for drink; one morning his wife gave him for breakfast a plate of fried liver, and chip potatoes; soon after he was overcome by a terrific unrest, attended by a craving for relief that is temporarily afforded by alcohol; and his life was ruined. Foods that require several hours to digest, and those that belong to the NEVER CLASS are responsible for most of the vices in life. They cause unrest; and this feeling torments the possessor into seeking all the abnormal means of finding relief. It even changes the habit of a decent life into degradation. The brain becomes congested, passions are let loose, moods alternate with every shadow, and life is not worth living. A man is what he eats, and what he makes his body.

## 26. DANDRUFF.

CAUSE.—The scaling off of the flakes of scalp is due to the presence of dead matter in the sebaceous glands, or fat cells under the skin, which are loaded to excess, and which decay because of their over-crowded condition, being unable to pass off in the circulation.

CURE.—While most persons treat the scalp for a remedy, the sensible ones adopt a course that will check and eventually stop the deposit of dead matter. The plan set forth in the Eighth Section of this book has been proved to be effective. If you merely remove the dandruff, there will be an increased quantity to reward your attention at the wrong end of the trouble. In connection with the dietary treatment, give the scalp a thorough

hot water washing with castile soap twice a week just before going to bed, following with cold water, and drying to avoid catching cold. But you must cut off the supply of dead matter in the skin before you will get free from dandruff.

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## 27. DEAFNESS.

CAUSE.—It is the pride of this Club that its members never know what age really is; for they never lose their faculties. Deafness is one of the failures of the faculties that should always be avoided. It is due to the causes that bring on old age; and these are discussed thoroughly in a later Section of this book, to which your attention is now called.

CURE.—While the remedy for deafness that has already reached an advanced stage, is not in our line in this work, as we teach the prevention of this malady, still there are some things that can be done to overcome the trouble in part. Of course when a faculty is once lost, it is gone. We teach the doctrine that a person can reach the age of ninety and still be young, retaining all the faculties; but this does not mean that a person who has already lost a faculty can find it again. In regard to the cure of deafness, and we have sometimes had remarkable success where it has not been promised, the first step is to get the blood in the condition of youth, by the plan set forth in the Eighth Section of this book. Then bring the new made blood in full circulation to the region of the ears, by hot water bathing with a very large sponge used for ten minutes every morning and evening; and followed by cold water and thorough wiping to make dry. This brings the blood to the ears. The drum of each ear is dry and useless. After each bath as stated, drop in each ear, by having the head laid over to a flat position, some hot sweet oil, or olive oil, or vaseline, as hot as can be borne. Allow it to remain in the ear a minute or two. Then with the end of the little finger inserted in the opening of the ear, vibrate the ear for a minute or more. The purpose is to make the drum flexible and normal. Repeat this morning and night for three months. Gradually the hearing will return unless the cause of the loss is beyond reach. We have succeeded in many instances in this method; although we teach the law of prevention instead of attempting to recover a lost faculty.



## 28. DIABETES.

CAUSE.—This is the malady that must always be feared for it comes quickly and without any warning whatever, and has generally ended in death. This Club has, in this disease, as in consumption, achieved its greatest victories; and we sincerely believe that we can cure diabetes. It can always be prevented, as can consumption or tuberculosis. The blood in diabetes turns to sugar; there is an increased flow of urine in which great quantities of sugar are present; a constant thirst for water supplies more water; there is hunger, attended by a wasting away of the flesh; and the weight decreases very fast. Ordinarily it is supposed that this disease is due to excessive eating of sugar and sweets; but the facts do not bear out the claim. There is a kind of diabetes, known as the non-sugar malady; but the dangerous form is that called mellitus in which sugar or glucose is actually formed in the body. While no cure is possible without a radical change in the diet, the real cause of diabetes is supposed to start in the nervous system. A shock of any kind may so act on the liver or some adjacent parts, that the blood and tissue will be converted into sugar. That it is due to some injury to the nerves or to the nervous vitality, seems certain from the following facts: A blow on the brain, or at the head of the spine where the nerves are governed, has often resulted in diabetes. Great sorrow, worry, loss of rest, late hours, fright, over-study, or similar cause, may set up this disease with no warning of its approach. The harm done to the nerves of offspring by faulty parentage is a common cause of the malady. A drunken parent, or an epileptic, or imbecile, may send the inherited tendency to the next generation. The excessive use of sugar or sweets, then, will bring on the trouble.

CURE.—The first thing to understand in the attempt to cure diabetes is that the disposition to sleep must be fought at all times. It is always better to retire very late, and rise very early. While loss of sleep may have injured the nerves and brought on the malady, the readiness of nature to make up for lost sleep ends in coma and death. No cure is possible where this result is not checked.

There must also be established a plan of great physical activity. This is the opposite of the treatment for consumption; the latter

requiring physical and muscular rest; while diabetes must not permit rest or idleness. Wherever the muscles are inactive, the formation of sugar is rapid. Physical effort prevents, and helps greatly to cure, this tendency. Remember then two things: Short terms of sleep, and almost never ceasing muscular effort, until the danger is past.

The diet is as important as any other influence in the cure of diabetes; and all experts say that, without strict regulation and change of the diet, there can be no hope of recovery. The body needs carbons, or it cannot thrive. But carbons in the form of sugar, sweets, candies, and starches must be avoided. White bread, rice, potatoes, all nuts, and all desserts are to be omitted, not only in the effort to get cured, but always afterwards. A victim of this malady can never go back to the sugar, starch and sweet foods.

The diet should consist of the following things: Gum Gluten, not the kind sold in drug stores, but a compromise between rubber bread and palatable bread. Fresh meats of all kinds, including fresh fish. Eggs in any digestible form. Soups, broths, and beef tea. Olive oil, bacon, fat of ham, bone marrow, butter, cream; milk, and buttermilk. Raw scraped beef, salted and seasoned spread on stale bread made of whole wheat and toasted to a deep brown, but not burnt.

## 29. DIARRHOEA.

CAUSE.—This condition is a watery flow of the contents of the body. It may be caused by a number of things; but generally is due to foreign matter in food, or to food that is not in a digestible condition. Un-chewed food, like green corn; all the things of the NEVER CLASS of the Fourth Section of this book; anything that has entered the stomach un-salivated at the mouth; un-mellowed apples and other fruit, especially cherries; bread made from sour yeast; and similar irritants give rise to this trouble.

CURE.—The best known cure is that which cleans out the system: some effective oil; followed by the whites of three eggs; and, half an hour later, by two tablespoonfuls of pure olive oil. Then live on boiled whole milk for a day; and, for another day, add to the diet of boiled milk, the yolks of three eggs, cooked hard and powdered, and spread on white bread toast, made from

bread that is one or two days old. Eat slowly, drink slowly, and thoroughly masticate your foods.

### 30. DYSENTERY.

CAUSE.—This trouble differs from diarrhoea in its severity of attack, and its danger. It is often attended by ulceration of the inner lining of the intestines, mucus, slime, gangrene, and sloughing. This malady arises from one or more of a number of causes: bad air, bad out-door surroundings, bad drinking water, and foul food. Mold on bread, cake, meat, cheese, jams and preserves, will often lead to fatal results through dysentery. In opening fruit cans and jellies, the mold on top is either partly removed, or mixed with the contents; and many deaths have been traced to this carelessness. Hams are allowed to get moldy and then cooked. Canned vegetables, and other things that have been partly spoiled, are covered up by the use of benzoate of soda, the use of which is allowed by the Government in order to please the big business men who adulterate food, and much unfit food is thus brought into the homes. Dried herring have caused the same trouble, as have spoiled fish and meats that have been covered up in their preparation for public sale. Pork that comes from hogs that have been fed in filthy pens, is likely to bring on this trouble; as is ham made from such pork. Piggens in villages, towns and the outskirts of cities, breed in the air for a mile or more, the foul germs of dysentery, and death follows. No hog should be allowed within a mile of any locality; on farms, while often too filthy for utterance, the hogs are kept where there is more freedom of air to carry off the stench and filth. Why people of a civilized age will eat pork is a mystery, as it not only does not make blood, but brings on disease in the system, and produces the most undesirable kind of flesh; and why, in order to satisfy the craving for this filthy meat, the public will live in the midst of a nastiness that removes all enjoyment of life from earth, is inconceivable. The death toll from dysentery is very large every year.

CURE.—Correct all the above conditions to start with. In the case of an acute attack, be careful not to move the patient any more than possible, as disturbance may bring on fatal results at once. The slightest motion is hurtful. Discard the drinking water at once, and get either pure rain water, melted snow, or distilled



water at any cost. Boil this for about five seconds. Give it hot to drink. After a while add some malted milk to the distilled water, and give hot as often as the patient can take it; mixed half and half. Boiled milk is to be the regular diet, every other day, while the malted milk is to be used on the intervening days. Cold boiled milk, with the whites of two eggs in a glass at a time, may be given with benefit as a change. Raw scraped beef on white bread toast, may be given after a few days. As soon as an acute attack of dysentery arises, call at once your local doctor, as the malady is too dangerous to be dealt with by one who is not familiar with it. Move away from any locality where there are hogpens, or filthily kept hen yards.

### 31. DIPHTHERIA.

CAUSE.—This malady which attacks children more often than adults, is one of the most deadly in the list of modern diseases. It begins in a congested condition of the lining of the throat, which invites the specific germ of diphtheria. These germs are generally brought into the house by pet animals that are allowed to run at large. It is a well known fact that dogs run about in the filthiest places, thrusting their noses everywhere, and then lap the hands and faces of children. Only recently a dog was seen gnawing at a bone that he had dug up from a very nasty yard corner; and this bone was so sickening with its stench of carrion that a person could hardly approach it; yet the dog, seeing the children of the house nearby, dropped his bone, ran to the children, and lapped their faces and hands which they soon after rubbed into their eyes. For the purpose of ascertaining just what was the condition of the dog's mouth, an analysis was made, which disclosed the presence of the germs of diphtheria. House cats that are allowed to run out of doors and indoors at will, have been subjected to the same analysis, and the germs of this dread disease have been found in great abundance. A surgeon made the statement that not one pet animal that was allowed freedom out of doors was free from some germs of disease; consumption, typhoid, diphtheria, smallpox and others being carried daily into the homes where they enter. In epidemics, it is now regarded as necessary to keep dogs and cats from coming into the house. As prevention is better than cure, it is better not to allow any pet house animals

their freedom outdoors. Persian cats are kept in by most owners, and dogs are often held in leash when out of the house.

CURE.—When once the disease has secured a hold on the throat, lose no time in sending for the best physician that can be had. It is fight against death. In fact it is best to obtain medical aid the moment there is a suspicion that diphtheria threatens, for delay is dangerous. In order to prevent the spread of the malady, be careful not to sweep or dust the rooms of a house where there is disease; for the dust will catch the floating germs, and they will be inhaled by the children who breathe through the mouth. Respiration through the nose should be taught to all persons. The habit of kissing on the lips sets in motion many forms of contagion. But the great fight should be made against dust. It floats everywhere and lights on everything. The basis of the malady is the congestion of the membranes of the throat, due always to the poisons in the blood that enter the stomach through improper food selection. This fact has been proved by those who pay full attention to their diet; they are safe from all contagion.

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### 32. ECZEMA.

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CAUSE.—Next to acne, this is perhaps the most common form of skin disease. While the basis of the trouble is in the wrong selection of food, the immediate cause is soiled clothes in which some of the perspiration of the body has entered and become foul. Some persons wear under-clothing seven days; some longer; and this habit alone serves to bring into bad condition the surface of the skin that carries underneath its layers the choked poisons of the blood. A nightly bath in hot water aided by antiseptic soap, will show what causes eczema, provided the sheets of the bed are changed often enough. While some writers claim that over-eating is the first cause of this trouble, the fact has been amply proved that the character of the food lays the foundation for it. Poor people who eat bad food, and wear unwashed clothes, or sleep in dirty beds, are more prone to eczema than those who over-eat. But the basic cause is so great at times, owing to the eating of such foods as are not allowed under the plan of Section

Four of this book, that personal cleanliness will not always effect a cure. The remedy is always a double one.

CURE.—First adopt the method set forth in the Eighth Section of this book, at the same time making use of any good antiseptic soap in nightly baths. Change the under-clothing every night during the attack. See that the bed linen is clean.

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### 33. EXHAUSTION.

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CAUSE.—There are some persons who are easily tired out, or who cannot endure the strain of any effort no matter how light or brief. The fault lies in the lack of development of the vital centers.

CURE.—The remedy for this trouble is, first, the use of bran water as a nerve stimulant, as described in an earlier part of this book. Then strengthen the legs by standing for a minute at a time on the toes; then two minutes; and so on, adding a minute, until you have stood an hour at a time. This cannot be done on the first trial. It may require a few weeks. The arms and hands may be strengthened by holding out at full length from the shoulders any object that weighs about two or three pounds, a minute at a time, then two minutes, then three minutes, and so on. Drink freely of the bran water before each effort.

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### 34. DEFECTIVE EYESIGHT.

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CAUSE.—The change of the shape of the eye-ball owing to the growth of the body, as in the teens, or when past forty years of age is a common cause of inability to see well. Headaches generally attend such change. Eyes become dead and dull, and sometimes of a fish character as the result of chewing when the stomach is empty, for the mucus of the eyes is drawn to the throat by the chewing habit, as the saliva of the mouth is limited. The practice of chewing gum deadens the eyes and makes them dry and lacking in lustre. They become weak years ahead of their time of failing, and the power of the optic nerve is decreased. Tobacco chewing does the same thing to them as the habit of chewing gum; it deadens them and dries them. No part of the body so readily



reflects the health or disease of the liver and kidneys as the eyes. It is in this way that the presence of Bright's disease is discovered. In fact the eyes always keep pace with the general health. Bring the latter to a state of perfection, and you will help the eyes more than by any other way. Men past sixty years of age who have been troubled with dimness of vision, and who have re-built their bodies under the plan stated in the Eighth Section of this book, have suddenly become aware that their vision has resumed all the clearness of youth. Clouds that float across the view, disappear. The foods of the ONE HOUR CLASS and the TWO HOUR CLASS help to bring about this pleasing change. When the fault is due to the changing shape of the eye-balls, a different treatment is needed, which is too extensive to be published in this book. When the trouble is due to organic disease, that malady should be overcome. Many headaches are due to defective eyesight, and the remedy is the wearing of glasses; but they should be prescribed by medical eye-doctors, not vendors of glasses, as the latter always advise the wearing of these aids to vision whether needed or not.

In this age of excessively strong light, the eyes suffer because they are not given the exercise they require. A moderate light is the best. It is always bad to strain the eyes in the dusk, or to use them when riding. The light should be admitted from a level if possible, and from an angle over one shoulder. If there is a strong light overhead, it is best to wear shades over the eyes, so that no overhead light can reach them, as this is exceedingly injurious. Reading when lounging or lying down soon weakens the eyes and brings on headaches. The head should always be pitched forward, never backward, when reading or writing. Overcome congestion of the stomach, if you would improve your eyes.

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### 35. EXCESSIVE FAT.

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CAUSE.—It is necessary that there should be in the body some fat cells. Like creates like. Fat tissue makes fat tissue under the laws that are given in the early part of this book. The fat-making habit is often due to the fat cells themselves; but, in order to sustain this habit, they must be supplied with fat of meat, or starchy foods, or sweets. From these three sources, come all the fat of the body.

**CURE.**—The first step is to stop eating fat meats, starchy foods, and sweets. Drink skim milk instead of whole milk or butter-milk, or else use skim milk in place of the other kinds in cooking. Use no cream, and no butter. Eat the skins of baked potatoes, omitting three-fourths of the potato. Salt the skins, and add a little skim milk with the salt; then chew them slowly. Long chewing tends to reduce the fat of the body. The bread should be made from whole wheat flour, mixed with about one-fourth of rye flour. Make into loaves, and eat when a day old by toasting brown, and placing on each slice one-fourth inch thick of scraped raw beef, seasoned and salted. Drink only cold water, unless you can take skim milk ice cold; drinking it slowly. The next step consists in making the regular campaign of re-building the body as stated in the Eighth Section of this book. If your fat is not reduced by that method, then increase the time of fasting to two days. The first diet, of skins of baked potatoes, and raw beef on wheat and rye bread toast, may last several days; a week being the usual time. The skins of the potatoes, if eaten with about one-fourth of the potato that is next to the skin, will, with the raw beef and bread stated, supply all the needs of life as long as you live. We know of more than a score of men and women who, in order to reduce their fat, adopted this diet of potato skins, beef and bread, exactly as described here; and, finding that the fat was taken off readily with the attendant result of perfect health, they held on to the diet for a long time afterwards until they saw that it meant a new birth to their bodies, minds and nerves; and they still cling to it. They say that if any person wants to see what fine health can be had by the simple method stated, the trial is worth making. The idea that exercise will reduce fat is a grave mistake. Its effects are merely temporary.

The advice to starve yourself thin is barbarous, for it means headaches and neuralgia which may never leave you. The diet given in this cure supplies all the elements of the body, and builds up perfect health while tearing down useless fat cells. Do not abuse the body for a fad. Keep it alive with perfect foods.

### 36. GALL STONES.

**CAUSE.**—The blood in its circulation will deposit its mineral matter in places that take it up most readily. Stone in the bladder,

and gall-stones are thus derived. Excess of mineral matter comes from hard water, from adulterated candy that is made of part earth and part sugar, from old meats, from meats and fish that are dried or cured, from water that is boiled down as in tea, coffee, soups, and boiled dinners; and from insoluble parts of bile, as in gout.

CURE.—When there is an acute attack, a physician or perhaps a surgeon may be needed without delay. The remedy here applies to cases where there is no immediate danger or intense suffering. Mineral deposits are dissolved very slowly by distilled water, or rain water, aided by fruit juices, or the fresh juices of natural fruits, such as very mellow apples, pears, peaches, cherries, shattucks, sweet oranges, and the like; but never sour fruits of any kind.

### 37. GAS ON THE STOMACH, ETC.

CAUSE. All processes of fermentation and decay give rise to what is called a poisonous vapor or carbonic acid gas in the stomach and digestive tract. The volume of this vapor that is generated is often great, and it is held under compression at times, until it can find vent. This pressure may quickly stop the beating of the heart. Sometimes it escapes in the form of eructations at the mouth. It also forces its way into the intestines and “rolls along by day and night, imitating the distant reverberations of thunder.” Gas in the stomach interferes with the flow of gastric juice and never fails to cause congestion in greater or less degree. It dries the surface of the alimentary canal, and leads to constipation and other disorders.

CURE.—The combined methods of the Eighth and Ninth Sections of this book point the way to the effectual cure of this trouble. As an aid to those teachings, take a cup of very hot water every morning before breakfast, having the water 160 degrees. Once a week take a level teaspoonful of baking soda dissolved in cold water.

### 38. GOUT

CAUSE.—In the first half of life, bilious attacks are more frequent than in the last half. In the latter period the bilious troubles turn to gout. The most common cause is the combination of sweets with vegetable acids, as when tomatoes, apples,



strawberries, pieplant, gooseberries, currants and other fruits are sweetened; also jellies, jams, cranberries, preserves and other dainties. The next most common cause of gout is the cooking of fats, as cooked butter, gravies, fat meats, ham, and the like. An unbalanced diet will result in insoluble urates, which lead to gout and to deposits of cholesterin arising from the bile, which become gall-stones in the gall-bladder. The diet is unbalanced when it leans too much to carbons, or too much away from carbons.

CURE.—The remedy for gout is to first discover the kinds of food that aggravate it. Alcohol always increases it in those who are subject to this trouble. Beer and wine are almost as bad as liquors. Avoid cooked fats of every kind; and combinations of sugar with fruit. It is admitted today by all experts that there is no cure for gout except by dieting; and the same is true of most diseases. The best foods are those of the ONE HOUR CLASS; and the next best are those of the TWO HOUR CLASS. For perfectly balanced foods, eat raw meat on whole wheat bread toast, whole milk, buttermilk, brown or natural rice and any foods of the ONE HOUR CLASS that do not seem to increase the trouble.

### 39. GRIP or LA GRIPPE

CAUSE.—While colds are due to the accumulation of dead animal tissue in the body, they are brought into a direct attack by the presence of certain bacteria that are regarded as the mildest forms of germs. On the other hand, the same congested condition of the membranes that attends a cold, is always present during an attack of la grippe. The latter malady differs from a common cold in having different germs assailing the membranes of the nose, throat and air passages. The grip bacteria are far more dangerous than the mild bacteria of a common cold. In the grip, poisons are set free that affect the brain and nerve centers. It is true that the mild germs of an ordinary cold may be set free in the air by breathing, coughing and sneezing, and that other persons may catch cold from inhaling them on the dust, as germs in the air can live only on floating dust. The same means of transferring the germs of the grip are present during that attack, and, as the grip germs are more energetic, they are conveyed more easily to other people. It will always be noticed that epidemics of the grip prevail in seasons when people are more in the habit of remaining

indoors than when they are in the open air. Physicians who have studied the subject carefully are convinced that nearly all epidemics of this kind are spread in the stores, especially during the latter weeks of the year when shopping is active. In a crowd of people, one person may charge the dust-laden air with millions of bacteria of the grip, and hundreds may go from the crowd to their homes, and in the course of time develop the malady. But any assembly of people may incur the same risk although crowded stores are the hotbeds of all epidemics in the cities.

The grip is preceded by a poison that thins the blood, and thus weakens it, due no doubt to wrong food selection; it is attended by the presence of this poison acting on the nerves and on the brain. Slight feelings of chill along the back, great weariness, and dizziness in the head, with a lifting of the top of the skull, distinguish the grip from a common cold. The after-effects are often dangerous, and may terminate in consumption or pneumonia.

CURE.—The first thing to do when the above symptoms are recognized, is to go to bed. It is cheaper to lose a day or two then, than to lose more time later on, and possibly health. The two first steps in securing relief and a speedy cure are day-rest and thin food. The person attacked should have enough intelligence to be able to know whether this malady is on the way; for it may be easily headed off in a single day of rest, if handled in time. The danger comes from trying to keep up, and making yourself believe that you can throw it off. Dizziness in the top of the head, a half floating sensation, with slight chilliness along the back, followed by some fever, will give the warning; accompanied, of course, with sneezing and general cold conditions. Rest in bed during the day time, and sleep when possible, will do more to effect a quick cure than anything else. When there is a desire for food, let it be strong beef tea made at home. This can be taken once every hour if desired. Malted milk or whole milk raw, may also be taken part of the time, alternating with the beef tea. The change to a regular diet should be confined to the ONE-HOUR FOODS only, until full health is restored. If your body is free from the enemies of life described in the Fourth Section of this book, you will never have cold or la grippe. This fact can be easily proved.

## 40. HAIR DISEASES

CAUSE.—From the beginning of time an effort has been made to locate the origin of baldness, and of loss of hair, and gray heads. The fact is now well established that these troubles come from the food that is eaten. Like the eyes, the hair keeps pace with the health, with the exception that the layers of skin over the scalp are easily clogged in their underglands, and so cause the roots of the hair to die, or the color to change.

CURE.—Whether a perfect diet will bring back hair upon a bald head is not yet proved; but experiments are being made to test this problem. The use of the one-food diet, as described in the Seventh Section of this book, is to be the basis of experiments. We would ask you who own this book, to be one of one hundred thousand persons to help us make the experiment. It consists in adopting the diet of the Seventh Section, in connection with the plan of the Eighth Section; make a record of the date when you start, and of the condition of your hair or scalp, as to grayness or baldness; and, at the end of each year, report to us what changes if any have occurred. One reason for hope is that the use of the plan of dieting stated, has prevented the loss of hair and has also prevented gray hair. This much is *known*. Now if that diet will keep the hair young in old people, if it will keep it in the color of youth, if it will prevent the thinning of the hair no matter how old a person may grow; and if it will do all these things, not in one case, but in thousands of cases without a single exception, then it may be reasonable to hope that the building anew of the blood and tissue of the body, may bring back hair upon bald heads, and color to the gray hair. Will *you* try the experiment? We have one report from a woman seventy years of age who writes that she was bald after being gray for years, and that this method has restored her hair and that it has come back with its original color of youth. While the facts of this case are true, the *cause* is not certain. She has followed the one-food diet for over two years; but it is possible that other causes may have brought back the hair. The Ralston Health Club does not like to draw conclusions in so important a matter unless they are based upon *all* cases under experiment. One case is not enough. We have been seeking new truths for the past thirty-five years and more,



and it is through our members and their thousands of friends that we have reached the new facts that we publish from time to time.

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#### 41. HAY FEVER

CAUSE.—This malady, like rose cold and influenza, June cold, ragweed fever and autumnal catarrh, has its origin in a defective condition of the liver and bile formation, from which a poison travels along the membranes to the nose, where this poison slightly congests the inner lining which is one of the most delicate parts of the body. Fine nerves are exposed that suffer from the least irritation. Sneezing, watering at the eyes and other inconveniences follow, making life very unpleasant. The attack runs along until the accumulated liver-poison that has settled in the membranes, is absorbed or burnt out; then the trouble subsides, and will not appear again until there is a new accumulation of the liver poison, which requires about ten months. If you are attacked in May, the trouble will last nearly two months, and in another ten months, or in the next May, the attack will come on again for its season. If you are a June victim, you will probably remain a June victim year after year; if a July victim, you will remain a July victim; if an August victim, you will remain an August victim; and so on. But each period has its name. Hay fever is the name when it comes on during the hay season. Rose cold is the name when roses are fresh in June.

CURE.—This malady is not readily curable. Few persons who have had it ever got it out of the system. It may be relieved and greatly reduced; but the complete cure requires the most perfect re-building of the body under the plan of the Eighth Section of this book. All the five enemies of life must be got out of the body and kept out. Fat and fat-making food are acted upon by the bile; the stomach will not digest this kind of food, nor does mastication help. It passes on to the pancreatic juice which is aided by the bile in acting upon it, and in breaking it up into what is called emulsion of fat. When the bile is absent, or does not flow freely the fatty foods form gases, become putrid, and give out offensive odors. Many persons are charged with having bad teeth when the foulness of their breath is due to these gases and poisons. They can be easily detected at the mouth, for every

respiration contains them. As the origin of the trouble is in the wrong selection of the general foods, the liver is at fault, and its bile becomes responsible only in a secondary manner. Hence arises liver-poison which congests the membranes throughout the body and includes the delicate lining in the nose. Whatever excites the nose, like pollen from flowers, or the hot summer sun, or indoor dust, will irritate the interior of the nose because the nerves are exposed. The attempt to lessen the irritation serves only as a temporary relief. It takes as long to drive the poisons out as it takes to bring them in, which is ten months of the most careful dieting. For this reason a cure is difficult and remote.

The NOSE and the STOMACH are closely allied. If your stomach is congested, your nose will sooner or later show redness, and in extreme cases it will develop pimples and great masses of congested pores. As the NOSE is the seat of hay fever, it follows that the latter may perhaps be partly controlled by the diet.

#### 42. HEADACHES

CAUSE.—A headache may be due to low vitality in the nerves, or to something that irritates the nerves, or to defective circulation of the blood, or to the eyes, or to kidney troubles, or to liver defects, or to poisons generated from the improper selection of foods. Some of these causes are related, and some belong to the consideration of neuralgia.

CURE.—If a headache follows an attempt to use the eyes, consult a medical eye-doctor; not a maker of glasses. The latter will advise you to wear glasses. The medical adviser may tell you that glasses are not necessary; or that corrective glasses may be worn.

If a headache comes on after your stomach has been empty two or three hours or more, it is what is known as hungry headache, and will disappear when you secure nutritive food at the next meal.

Sick headaches are due to unbalanced foods, generally those that contain starch like potatoes and white bread, and a dislike for beef and strengthening foods. Too much cream, too much butter, and a disinclination to eat regularly and of wholesome food well masticated, brings on the lack of balance that results in a sick headache. Long waits between meals are a disadvantage. There

are many cases where sick headaches have been cured by beef tea between meals, or by a glass of milk, or malted milk, or something thin and yet nourishing. When the stomach is empty long the blood rushes to the head and this reacts back on the stomach, upsetting that organ also. Lack of a full night of sleep is also a cause of this trouble. Persons who are subject to it should have nine hours of sleep seven nights in the week until there is no recurrence of the malady.

Headaches are due sometimes to poor circulation of the blood. This is cured by the practice of deep breathing, which always gives vigor to the circulation, if persisted in. The lungs should be emptied of all air possible before each new breath is taken; and then they should be filled by long, deep inhalations. Neuralgic headaches are treated under the title of Neuralgia. In all other cases, except those already referred to, a headache is due to wrong food selection, or to abuse of the stomach, or to lack of fresh air. The plan of re-building the body will correct the diet. Many persons, mostly girls and women, eat candy and sweets on an empty stomach. This practice is almost universal among young women who get hungry in the late afternoon and indulge in rich cake or sweets in order to appease the appetite. They are unable to eat a wholesome meal when supper time comes, and so add to their troubles.

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#### 43. HEART TROUBLES.

CAUSE.—Valvular disorders of the heart are generally incurable; but early all other troubles may be cured. The heart is directly affected by carbon poison arising from acute indigestion, as explained in the Fourth Section of this book. Sometimes by the pressure of this gas, the heart is stopped in its work, and will not begin again; although there is no reason why it should not renew its activity if it had something to start it going. The idea that great muscular exertion would injure the heart has been abandoned, and the facts now are as follows: All heart troubles start in the first place with a wrong diet. This weakens the organ, and when it is not strong, any muscular exertion may be dangerous. But a properly nourished heart, perfect in all its tissue, and fed daily with the food it demands, is much stronger than the



body in proportion to its size. Its work of pumping all the blood to all parts of the body in a short time, and repeating this night and day, for the span of life, proves it to be the most powerful engine of its size ever made. It performs as much muscular work in twenty-four hours as all the combined muscles could do in eight hours. Such an organ, properly fed with perfect nutrition and supplied with fresh air through the lungs, will never give way under any strain. But it is true that the heart in its ordinary condition could not endure much burden.

CURE.—As long as the heart is weak, avoid over-taxing it. Do not undertake any great work of mind or muscle until it has been brought up to a better standard. Fresh air removes certain of the poisons from the blood, through the lungs; and this relieves the heart of a small part of its trouble. The fully expanded chest, and deep breathing, are often the means of reviving the heart action. But the most important of all things is to remove the Five Enemies of Life that are described in the Fourth Section of this book. The first step is to make sure that there is no carbon poison arising at the stomach. This at times exerts a fearful pressure on the heart which is close by, and brings death by acute indigestion. When it does not take this sudden course, it always leaves the poison in the blood, and this fluid is made to pass through the heart many times each day. Here is the secret of practically all heart weakness and trouble. The remedy is found in the Eighth Section of this book.

#### 44. HEMORRHOIDS

CAUSE.—These are due to constipation, or else to extreme weakness and looseness of the bowels. In most cases, however, the cause is constipation; but there is a cause back of that, which is always chargeable to wrong food selection. If a person would control all things that enter the stomach, there would never be a case of this kind for treatment.

CURE.—An operation is not necessary in one case in a dozen; but the local physician knows the exact character of the trouble and his advice should be followed. Every drug store sells some antiseptic salve that is made expressly for this purpose, and it is always advisable to use it. The correction of the diet in accordance with the treatment for Constipation already given in this

book, will bring about a gradual cure, of itself; followed by permanent relief.

#### 45. INDIGESTION

CAUSE.—When the stomach is not inflamed or congested, and the food is proper, a good appetite will bring about normal and healthful digestion. When everything is in good condition and food not needed is taken into the stomach, the organ will be clogged, and ferment will take the place of digestion. A person should, therefore, be hungry in the first place, and should always eat less than the hunger calls for. Rise from every meal hungry is the best motto of health.

Over-eating is the most common fault of life when the appetite is good. But very few persons make proper food selection, and the five enemies of life are therefore brought into the body. These cause congestion of the stomach, and also lead to inflammation. But the lack of gastric juice, the lack of salivation at the mouth, the mixture of foods that do not act in harmony with each other, and the eating and drinking of many things that are not food, set up so great a degree of irritation in the stomach that the trouble becomes chronic in time.

CURE.—In acute cases, the quickest means of relief is a bit of table salt in a little water, swallowed, and repeated until the distress is lessened. Where the stomach is congested, it is important to live on the whites of raw eggs for a few days; and mix them and milk together after the fourth day; taking all the appetite will admit, and letting all other foods alone. Hot beef tea can then be added after a few days of the milk and egg-whites. When this course has been pursued up to the point of relief, begin to re-build the whole body in the manner stated in the Eighth Section.

#### 46. INFANT MALADIES

CAUSE.—These are due in almost all cases to wrong food selection. Few mothers know what foods to give their babies in the first year; and fewer know on what foods to wean them when passing out of the primary feeding. Glucose-made infant food should be avoided; and the best selection of pure foods are in the following order: First, the natural milk from a healthy mother whose daily food complies with the list made in the Fourth Section of this book, the ONE HOUR CLASS and the TWO HOUR

CLASS; omitting all others. If the mother drinks tea, or bad coffee, or takes medicines of the patent kind, or is indiscreet in her diet, the child will suffer stomach and instestinal pains and dangers, all of which undermine its strength and pave the way for infant maladies later on.

PREVENTION and not cure is herein taught. From the nature of the troubles, this work would not be effective as a means of cure. It is wiser to make disease impossible in children. When the mother feeds her child naturally, she herself should be careful what she eats and drinks, for the child gets the same feed and drink in a short time. The next best bood for the infant not weaned, is malted milk; and the third best is cow's milk with some cream added and a slight amount of sugar if it agrees with the child. The water should be watched, and hard water avoided. A babe needs cold water to sip very often, every hour if it cries.

The crisis in the infant's life is when it is passing from its first feeding period to that of the weaning time. What foods to pass on, should be known and carefully studied with reference to the health of the infant. Cow's milk must be the basis of its food for the second and third year, with other foods added. The best food to use as the first step into weaning is the baked potato, when mealy; but the skin must not be given the child until it is several years old. Many of the ONE HOUR foods are useful.

#### 47. INSANITY

CAUSE.—The mind is insane when it departs radically from the normal conditions that are a part of its functions. Leaving out of the question the inherited defects and taint that are always incurable, even though they are often lessened by great care, there is never any justifiable reason for the failure of the mind at any stage of life. Yet it breaks down under the strain, or worry, or shock; it degenerates under abuse; it softens when subjected to excesses; and it hardens with the advance of the disease known as old age.

CURE.—Following the methods suggested in the 12th Treatment of this Section, a few hints may be added: Variety of activities feed the brain, and balance its powers. Doing each day as many different things as can be done, all useful and helping toward improvement, will keep the tissue at the highest standard if sup-



plied with wholesome food. Fresh air, and outdoor occupations are helpful. Idleness of mind or body, or wasted effort, will do harm to any mind. The tissue softens by reason of wrong nutrition, and by physical excesses. The best method of weaving strong tissue and starting anew power of the mind is found in mathematics and the study of logic. This habit weaves deeply in the brain structure, whereas the reading of frothy literature and the playing of cards, weaves only the surface tissue, like plants that have all their roots exposed to the blight of the sun and drought.

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#### 48. INSOMNIA

CAUSE.—The inability to sleep at night is due to the congestion of the meninges of membranes that line the brain. These membranes are folded around the brain itself, and lubricate that organ by their flow of mucus. They possess very fine and delicate surfaces that are composed of the smallest tissue-cells created in the body; and, beneath these surface cells, there are nerve-terminals or ends that are sensitive to every action. When anything irritates the surface, which is exceedingly thin, congestion follows and the delicate nerve-ends become more excited than the nerves of a sore tooth. The blood is forced through these parts night and day, and it leaves there such nutrition as it has in its composition and cannot leave what it does not have. As it contains all five enemies of life that are referred to in the Fourth Section of this book, the sensitive membranes must be injured by the flow of blood over their surface; for everything that enters the stomach reaches the brain in time. Irritating elements and poisons in the food are sure to congest the brain covers. The activity of the brain, and all mental work, must from necessity depend on the flow of mucus from the membranes into the folds of the brain; and this mucus is exactly what the blood makes it; either pure and free from foreign matter, or imperfect and irritating. Hence, very little things seemingly in the food or drink will result in congestion of the surface of the meninges and produce erratic activity of the brain.

CURE.—Insomnia, or lack of power to fall asleep, is due to three direct causes: First, to the congestion described above; second, to the lack of food in the stomach or in the lower digestive

organ known as the duodenum; third, to pain of any kind. As the last named is so readily discovered, the only remedy possible is to remove the cause of the pain. Some kinds of pain are not felt, as what is called blind indigestion, which leaves its impress on the system by setting up an unexplainable irritability. This also will cause loss of sleep. When there is lack of food in the stomach, as where a person retires four or more hours after eating an ordinary meal, or three or more hours after eating a meal that is easily digested, the blood withdraws from the region of the stomach, and rushes to the brain, causing hungry insomnia. To eat heavily at evening or before retiring will set up blind indigestion, and prevent sleep. The light meal at supper time, followed by a glass of beef tea just before retiring, will generally bring sleep at once. The presence of the beef tea in the stomach causes the blood to rush away from the brain, and to give up much of its volume in a flow of gastric juice to act upon the food taken.

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#### 49. IRRITABILITY

CAUSE.—By re-reading all that has been said in the two treatments just preceding this, you will grasp the cause of irritability. Some excellent experiments have been made under our advice with the following results: Persons who possess good health and whose digestion is good, have been fed on a line of things that are hard to digest, and that are far apart in time of digestion; and, without exception, an undercurrent of irritability has ensued. One man who seldom lost his good nature, said, "I do not know what is the matter with me; but every little thing makes me so cross that I want to swear, and I am not a swearing man." He was not in pain; what he ate did not trouble him; but he was irritable. That is blind indigestion; painless dyspepsia which is very common; as acute indigestion, or the chronic painful kind are more intense. A bride who had never learned how to cook, took up the art a week or two before her marriage; her husband was of jovial disposition, so happy and kind by nature that he would never speak a cross word to his wife as long as they lived; yet her cooking brought on this same kind of indigestion that produces only irritability at first, and he soon lost all his happy disposition. He did not know the cause until his doctor three months later told him

that he was suffering from severe gastritis or inflammation of the stomach. Only by changing his diet completely, did he recover; then, when his wife again had free rein, her cooking brought on the trouble but in greater degree. He displayed bad temper; she went home to her mother, calling him a brute; and he went home to his mother, where he got proper cooking, and his brute nature was gone. She got a divorce; he married a woman of better experience; she married another man of pleasant disposition, and he too became a human devil under the distress of blind indigestion, a painless irritation that congests the membranes of the body from the stomach to the brain, and inflames the nerves.

CURE.—You can almost guess the cure. We can count cases by the thousand where wives have cooked for their husbands a diet that has made fiends of them. We can count cases by the thousand where wives have made their fiend-husbands almost as kind as angels by reforming their cooking. People ascribe wrong causes for almost every bad thing in the world. Men who are burdened with the cares of business, do not know that they are thinking with brains that are half afire with congestion, and that such brains can never think deeply or clearly. Every little worry seems a mountain. If they could have clear minds they would see through the muddy waters of all troubles, and things would clear themselves quickly. But as they are trying to do business with congested brains, they fail; they are already irritable; and the failure to solve the problems of the day, adds to their ill-nature, until they are no longer fit for business. The normal mind is as clear as crystal. Let wives try the plan set forth in the Ninth Section of this book; adopt that diet; follow all the rules and laws of this system; and they will give their husbands such a power of thought and keenness of mind that success will never be lacking. This is no theory. We are proving it all the time in the lives of men and women who are ambitious to rise in the world.

#### 50. LEANNESS

CAUSE.—People often wonder why they are lean. They do not think that they are in possession of one of the keys to great length of life, all other things being equal. Under-eating may result in leanness, in which case the diet should be changed to include as many of the ONE HOUR and TWO HOUR foods as possible.



Atrophy is loss of more cells each day than are supplied by the food. The latter may be abundant, yet the cell-making power of the body has been weakened, and death is slowly stalking into that life. Consumption is generally the final agent of the taking-off.

CURE.—The first step to overcome atrophy, or undue leanness, is to let the old tissue die out as far as possible. This is done by a three days fast instead of one only as stated in the Eighth Section. Then begin the new meals in the manner described, and continue them as arranged. After each meal, when there is opportunity, lie down and rest; sleeping if possible. Rest after eating a wholesome meal, repairs lost tissue without much waste. The regular diet to follow this re-building, should consist of any of the ONE-HOUR foods that may be most relished; and the evening meal should have one kind of food for each night, eating as much as may be relished, followed by dates and raisins in abundance; with figs if there is the slightest tendency to constipation. Water should be drank freely and slowly between meals, and at meals if there is no food in the mouth at the time of drinking. Before retiring each night take a glass of raw milk. If the atrophy still continues, the further remedy should be found in some elaborate system of scientific deep breathing, as it never fails to overcome this trouble.

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## 51. LIVER TROUBLES

CAUSE.—Under the study of biliousness in the 10th Treatment of this Section, and Constipation in the 22d Treatment, the origin of liver troubles is fully stated; as all three of these maladies belong together. The real cause is the presence of one or more of the five enemies of life in the blood, as stated in the Fourth Section of this book.

CURE.—The only permanent means of escape from this line of troubles is to be found in re-building the body as stated in the Eighth Section.

LIVER EXERCISE.—As the liver will refuse positively to work under circumstances wherein the general system is sluggish, it has been found important to give it a special form of assistance by what is known as the Liver Exercise. This plays a part of

double value, as it not only awakens the liver but also stimulates the spinal nerves that feed power to all the organs along the digestive tract, but more particularly to the liver itself.

STAND.—Inhale a deep breath. Hold same. Draw in the muscles of the abdomen, and distend and contract them twenty times while holding the breath; but do not try more than two or three times at first until all danger of dizziness has passed. \* \* \* Sit down and rest a minute; then STAND again and fill the lungs very full. While holding the breath, raise the arms to a level with the shoulders at each side; swing the arms around to the front until they are parallel with each other; then raise them slowly, straight up over the shoulders high in the air and try to pull the muscles of the sides of the body by stretching the arms still higher several times; then, with arms at full length, try to touch the floor with the finger tips without bending the knees. Stretch the side muscles by raising and lowering the hands by a shoulder action only; then raise the arms while they are parallel with each other, until they are again at full length over the head; and finally, with the arms still at full length lean backward with the feet held close together, and without bending the knees.

Avoid dizziness.

Do not try to accomplish the whole of this exercise at first, as it may prove too severe. Learn it very gradually. When there is the least sign of dizziness, stop it and rest. Try it on an empty stomach before breakfast mornings, and after each meal if you wish. When you have mastered it so there is no danger of becoming dizzy, perform it twenty times every morning before breakfast.

If done exactly as directed in every detail, it will accomplish such wonders in your general health and vitality, especially if accompanied by proper diet under the Fourth Section of this book, that you will feel like a new being.

## 52. LOCKJAW

CAUSE.—This fatal malady is due to germs of dirt on the skin or clothing, or other thing that enters the circulation by some scratch or wound.

CURE.—Hospitals may sometimes effect a cure; and access to their rooms should be sought without delay. Treatment after a

wound, if begun at the beginning, is generally successful. The most common cause of tetanus, or lockjaw, is a pistol wound, or powder wound; and the next most common cause is the accidental stepping on an old nail which is run into the foot; or a nail wound in the hand. The oxygen of the air is a direct enemy of the germs of lockjaw; and, to keep oxygen active, the wound must be opened as often as it begins to heal on the surface; as surface healing closes in the deadly germs and gives them free rein. Cut the wound and make it bleed freely, and apply strong antiseptics, which should be washed out as soon as applied in order to keep the wound open. Lives have been saved in this way. But the proper thing to do is to see that there are no old nails around; and to stop fooling with pistols and toys that explode.

### 53. MALARIA

CAUSE.—This malady is due to rank weeds left to rot in fields or highways; or to stagnant water and marshes, or foul places, filthy yards, dirty streets, hogpens, and other things that pollute the air that is breathed; or, finally, to the bite of a certain kind of mosquito. In the former cases, the result may be slow fever. In the last named case, the result is chills and fever, or ague. This is always due to the bite of the mosquito which carries the germs of ague and malaria in its bill, and forces these germs into human blood every time it stings.

CURE.—The cure of this trouble is always to be found in the removal of the cause. You should be as careful of the air you breathe as of the water you drink. Why should you refuse muddy, hog-laden, stench-produced water; and inhale the air from such places? But the mosquito, like the fly, is humanity's dreaded foe. Both can carry contagions and epidemics. The legs of the fly drip with manure and rotten filth of the most horrible character; yet you let the fly perch on the food you eat. The mosquito alone can bring you ague and malaria. Why let him introduce those germs into your blood? Keep him out of the house. The mosquito breeds in still water in a pond, or tub, barrel, pail, can or other receptacle. Keep them from breeding. See that all such things are emptied of water. Ponds and other places that do not have a rapid flow should be treated once a week to a quart of crude oil or kerosene for every hundred square feet of water.



## 54. MELANCHOLY

CAUSE.—Experiments carried on for over thirty years, confirm the statement that mental depression, melancholy, and similar moods are caused by poisons in the blood that are carried to the brain, and that there set up congestion. Hints of this fact have been made already several times in these treatments. There are many kinds of poisons, and combinations of poisons that arise from the food that is eaten. These bring pressure at times on the brain; and the taint that is in the blood, as well as the irritability that follows congestion, result in mental clouding, and many abnormal moods. It is possible in this way to bring on insanity. The brain thinks as its supply of mucus permits. Inability to think at all in a clear manner may be brought about by certain dieting. If there are no phosphates in the food, the mind becomes a blank in course of time.

CURE.—Fresh air, outdoor life, and one-food meals will drive away every trace of melancholy in time. These changes cannot be secured in a day. The body must gradually undergo its rebuilding. But, if any of our followers are desirous of making the experiments, and will make them in a thoroughly scientific manner, they can prove that all the moods of the mind may be caused, increased, decreased and controlled by the character of the food given. The same law is seen at work in other forms of life; as in the case of the smallest bird in New England which, feeding on hornets, is smart enough to whip other birds many times its size.

## 55. LOSS OF MEMORY

CAUSE.—It is not the purpose of this book to enter the field of the Mind and Thought Society which deals with the subject of memory. But we teach that the faculties should not decay as the body grows old. The most important of all the faculties is the memory; it is all that holds you to yourself, and to your loved ones.

CURE.—In the effort to cure a case of memory that is already lost, recourse must be had to some memory system. It is a well known physiological fact that an abused brain begins to falter in its power of memory. In return for the best care, the brain is only normal as a physical organ. The healthiest child ever born will wholly lack memory if it is denied some opportunity for active

mental interest in what is going on. Thus the natural son of an Emperor of Russia was put in a room when very young, and kept from seeing any person for many years; being fed and attended to through an opening in a wall. He lacked all power of memory, and was an imbecile. Any child develops brain and mind in proportion as it is given opportunity to see people and events, things and activities. The earlier it is given experiences of this kind, the sooner its mind will begin to develop; and the more things and events that it can witness, and participate in, if possible, the better mind it will have. When a person begins at advanced age to lose his memory, the natural remedy is to increase his observation of events and things. The best mental training of a simple yet powerful character is that which is called "summing up." It could be well practiced by any person young or old who wished to develop a phenomenal memory. It consists in recalling anything seen, any person seen, and any activity seen during the day; summing them all up at night in the order in which they were witnessed. So valuable is this as a memory strengthener, that a lawyer recently told us that he had brought his mind by the method to grasp an enormous number of facts and principles that formerly would have been an impossibility. But keep the diet and habits right all the time.

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#### 56. MENINGITIS

**CAUSE.**—What is known as meningitis, or cerebro spinal meningitis, to give its full name, is a severe congestion of the meninges that surround the brain, and that are attacked at the same time by what is called foul air germs or filth germs. The meninges are three layers of membranes inside the skull. Imperfect food causes them to become congested. The germs of the specific malady reach that mass of congestion and spread their disease along the spine, and into the brain itself, often proving fatal.

**CURE.**—As the germs of foul air and of filth come from the room, or place where you work or live, or from things that you handle, as where bank clerks count money that has been in many hands, the first step is to avoid this class of causes. It is well established that in epidemics of meningitis, when the death rate is as high as ninety per cent, the ten per cent who escape are those

whose diet has been the simplest and most wholesome. Some notable examples have been secured of the effect of the foods eaten on the liability to catch this dreaded disease. Where there is chronic congestion of the membranes that surround the brain, it takes but little exposure to the floating germs of meningitis to bring on the malady. The mono-diet, being free from possibilities of congestion of the meninges, is the best method to pursue. Fresh, pure outdoor air is the direct enemy of the germs. The treatment given for consumption, is the best all-round treatment for this trouble. The meninges themselves often are attacked by tuberculosis with fatal results.

### 57. MOTHERHOOD DANGERS

**CAUSE.**—Many women lose their lives in the critical event; and the cause is always due either to a wrong diet, or erroneous habits, or both. No Ralston woman ever died at such a time, if she had been given the opportunity to save herself by adopting a few simple rules.

**SAFETY** is secured by a proper diet, by the use of fruits, and by proper activities; all beginning several months in advance; the earlier the better. The diet should be as thin as possible. The solid foods tend to harden the bones and deprive them and the muscles by which they work, of the flexibility that is needed. It is best to avoid tea and coffee, tea in any event is a source of danger; all alcohol should be omitted. The bones, muscles and tissue should be given full elasticity and this is secured by such foods as beef tea, milk, buttermilk, bran milk, soups and broths. The vegetables of the ONE HOUR and of the TWO HOUR CLASS should be used, as all the lighter foods of those classes in connection with the thin foods already stated. Raw vegetables are useful, such as celery, lettuce and very young cabbage. Fruits of the juicy class, if ripe and very mellow, are necessary; both native and foreign. The more fruits eaten the better, if neuralgia does not follow. If the foregoing diet is adopted, there will be no morning sickness, no varicose veins, and no danger at the final crisis. We have the reports of over thirty years to confirm this fact, and we are constantly seeking further reports along the same line. There must be no constipation. Eat no candy, but depend on dates, raisins and figs instead. Eat figs enough to keep the system



free from constipation. After each meal, stand or walk gently; but never sit down nor lie down for an hour. It is important, up to near the time, to adopt the erect attitude. Work and stoop all you can except in the last two months. Always be gentle. Never take any violent exercise, nor engage in any vigorous work unless you are fully accustomed to it. There must be no straining. It is the idle or lazy woman, or the one who imagines that she cannot exercise or work, that suffers and, perhaps, dies. By the method given here, there has never been a mis-carriage, accident, or fatality in our long experience. We have saved all mothers who have given their bodies the natural care prescribed herein; as we have saved babies and children from the fate that has crowded the statistics heretofore.

## 58. NERVOUS DISORDERS

CAUSE.—What is called neurasthenia when it attacks the rich, and nervous prostration under other conditions, is the climax of a nervous habit. The best way of understanding the cause and meaning of this malady is to read all the treatments of this Section. As the editor said who has seen these treatments, "They contain the best analysis of human nature that has ever been written." The cause of nervousness is everything, but specifically it is the irritation set up by a diet that has never been right.

CURE.—We have known of many cases of nervous prostration that have proved fatal; and we now know that not one of them should have so terminated. The nerves are poisoned by the irritants set loose in the manner described in the Fourth Section of this book, where the five enemies are arraigned and found guilty. Keep all those enemies out of your blood and a calm that is perfect will follow. You cannot continue all your life poisoning the nerve centers of your body, and think to escape the consequences. Thousands of test cases prove that this remedy is always successful.

## 59. NEURALGIA

CAUSE.—This is a condition that is met with under many circumstances; and, like rheumatism and indigestion, is as common as daylight. The first class of causes deals with the abuse of the eyes. Reading under strain, or in a dim light, or on a moving car, or with the light in front of you, instead of over the shoulder, will

cause exhaustion of the optic nerve, and lead to neuralgic pains in the head. The next class deals with the poisons in food and drink. Adulterated chocolate, especially that kind that is advertised as "strictly pure and guaranteed," but that is possibly made from black walnut juice and yellow ochre paint, will give a neuralgia up the back of the neck or back of the head; and pains there are almost always secured from some poison in the food, or preservative which is also a kind of poison. Then there is a class of causes of neuralgia that deal with loss of sleep, late hours, over-work, long periods spent indoors, card playing, gambling, excess of any sort, and abuses of the vitality. Nature responds in full measure by a visit of nerve pains that are in earnest. Low vitality from omitting a meal, or from eating an unbalanced class of foods, will bring on this pain.

CURE.—Take care of the eyes; do not strain them. Never keep late hours as long as this trouble follows. Adopt the ONE HOUR and the TWO-HOUR FOODS described in this book. Omit tea and coffee, and especially chocolate, as well as all soda fountain drinks. Adhere to the things that you know are food. If the omission of a meal or a light diet is followed by neuralgia, depend on scraped raw meat and whole wheat bread toast for a curative meal: followed in the next meal by a large bowl of malted milk which contains all the elements of the body. Take notice to see if you are subject to this pain after eating apples, or any fruit; for some of the worst attacks are due to fruit eating.

## 60. NOSE TROUBLES.

CAUSE.—All our treatments are described in the most popular language in order that they may be understood by the general public. The nose very often shows redness, and in many instances is inflamed and its pores are charged with matter that results in the formation of small pimples. In an earlier page we have shown that the tongue gives evidence to the eye of the skilled physician of the condition of the stomach. Congestion of the latter is sometimes carried to the surface of the nose. This is true when the digestive system is deranged by the use of alcohol; but noses as red as those that belong to the drinking class, are found among people who are strictly temperate; for there is no limit to the distance in the body or its parts that congestion will travel when once it has become chronic in the stomach.

CURE.—The natural cure for this trouble with the nose is to put an end to the condition in the stomach which is its great cause. To doctor the nose, is starting at the wrong end. Apply the method of Section Eight of this book; and, also, follow the cure given under the treatment for bad complexion.

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## 61. PARALYSIS

CAUSE.—No better proof of the results of poisoning the nerves can be found than in the frequency of this disease at the present day. Paralysis is on the increase; as is the eating of improper foods. These foods turn to poison in the body; some reach the conditions that establish rheumatism; and some attack the nerves. When the latter are poisoned, they fail to do their work, and their stopping is like the running down of a clock, or sometimes like the sudden breaking of the cord that holds the weight. In this way the heart stops when the poisons of acute indigestion press against it. The nerves cease to pass along the electric fluid which is life, when they can no longer endure the poisons that come from wrong food selection. Look at the list in the Fourth Section of this book and you will see what brings the work of the nerves to an untimely end, and causes paralysis.

CURE.—There is but one effectual cure, and that is found in the methods of the Eighth Section of this book. At the same time, get all the outdoor life you can, and live in the mild sunshine, or in places where the sun has been during some part of the day. Too much sun is an extreme, and extremes are dangerous. By these methods, patients have been cured after mild shocks of paralysis. Prevention is far more sensible than waiting for an attack in the hope that a cure is possible.

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## 62. PILES

CAUSE.—The food that poisons the liver leads to constipation, and that condition is generally the forerunner of piles.

CURE.—One phase of this condition has already been treated herein. Let us see now what shall be done to relieve bleeding piles, which are very common. Go to any drug store and get any anti-septic salve that is recommended for piles; you cannot go wrong, for, in the absence of such a salve, vaseline is used. But it is better



to get some pile salve. Then do not follow the directions; nor ever take any medicine for this trouble. Merely insert, two to five times a day, as needed, a small lot of the salve; take a piece of toilet tissue paper, and fold it to make a point which is to be inserted after the salve to hold it in; and, if at night, place a piece of ice about as large as a hen's egg, against the outside. This will stop bleeding piles; and the use of the ice, if persisted in, will cause the protruding parts to return. This treatment, which is very simple, has saved many persons from the necessity of an operation. In some cases the use of the ice has driven in a large amount of protruding membrane and resulted in a permanent cure. There are a few cases where the trouble is wholly inside, and if it does not cease, a physician should be consulted; but try to find one who is up to date. Methods have changed wonderfully in the past five years. The best doctors of today are able to avoid medicine and operations that, a few years ago, were regarded as necessary. Be sure to report to us any cases that are cured by our method, as we keep a record of the amount of good that we accomplish.

### 63. PNEUMONIA

You will probably die of pneumonia.

Under the law of probabilities, and in view of the rapidly increasing spread of this malady, the chances are that you will end your days in this way; although cancer, typhoid, tuberculosis, acute indigestion or organic disease may be responsible for your taking off.

Pneumonia is now surprising the world by its increase from year to year. Commissions that are appointed to study the cause, place the blame on the weather and the various habits of the people; and wholly overlook the **FIRST GREAT CAUSE** of pneumonia; which is **CONGESTION OF THE STOMACH**.

But, you say, **YOU** never have congestion of the stomach.

Do not deceive yourself. It is almost wholly painless; and can be discovered only in its results, unless you will take the trouble to drink a cup of hot water, very hot, on an empty stomach each morning. This will discover your congestion, and settle the question.

Because there are **THREE CAUSES** for pneumonia, people, and even expert doctors, shut their eyes to the one **GREAT FIRST CAUSE**, and look only to one of the minor causes:

2nd.—Exposure to dampness or chilling winds.

3rd.—Germs, or bacteria.

ALL THREE CAUSES must combine. But if you are free from congestion of the stomach, and expose yourself to the GERMS of pneumonia, they will be destroyed as fast as they attack you. Yet, if you are free from congestion of the stomach, and your vitality is lowered by exposure to dampness and chilling winds, you WILL NOT HAVE PNEUMONIA. You may be stricken with paralysis as the result of reduced vitality; but pneumonia will not attack you.

The stomach is situated close to the lung cavity; a mere lining separating that organ from the heart and lungs. When congestion involves the stomach, it passes almost immediately upward. In addition to this, the soreness spreads through the passage to the throat, making that very sensitive, and there meets the germs which lodge in the breathing tubes and are carried into the lungs, where they increase rapidly when the vitality is lowered by any kind of exposure.

Not until the public realizes that this fatal malady, now an all-the-year-round epidemic, originates in a congested stomach, will proper steps be taken to prevent it and save human life.

There never was a case of pneumonia that did not originate in an abuse of the stomach; and there will never be a case of pneumonia that does not so originate. Not long ago we saw children eating their breakfast of Saratoga chips, crisp breakfast food, and similar pain-causing non-food material; and we saw other children eating plain, wholesome food, but BOLTING it down without taking time to either chew it or salivate it in the mouth; and in these groups of children, pneumonia reaped its fearful harvest; while other children, eating only proper food in a careful manner, wholly escaped congestion of the stomach and pneumonia.

As we have said, you will probably die of pneumonia.

It is now an all-the-year-round epidemic. Habits of the people are such today that the stomach is more abused than ever before. Not ONE PERSON in a HUNDRED is free from stomach congestion, no matter what they say or think. Only a short time ago a man who seemed to be in perfect health, said, "My stomach is as sound as it can be, and it never gave me a semblance of pain." In a railroad accident that occurred the same day he was killed, and

his stomach was found to be in a very bad state of congestion of years standing. So it is with men and women who boast that they possess perfect stomachs. Thousands of post-mortems every year reveal this fact.

A CURE is always uncertain. No time should be lost to fight the very first approach of any cold, no matter how slight. If pneumonia is actually present the great battle must begin in earnest; the most skilled physicians should be called without delay, as human life is at stake. One day's delay may be too late.

PREVENTION is all we can teach; for teachings cease to have value when the dread enemy has taken hold of its sought victim. The GERMS of pneumonia are always on dust indoors, rising from the carpets, and floating from the furniture, and walls of a room, as you may see by allowing sunshine to fall on the air near a window. This same dust carries the germs of almost all other diseases, especially those of tuberculosis, diphtheria, la grippe, common cold and others. But GERMS are harmless when they cannot find a congested surface on which to fall. Exposures to dampness and chilling winds should be avoided. But the ONE GREAT FIRST CAUSE of pneumonia is congestion of the stomach, which is fully described in the Tenth Section of this book.

As we have said, you will probably die of pneumonia, because you will not seek to prevent the malady. You will not fight your habits of eating, and your congested stomach will lead to your death.

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#### 64. RHEUMATISM

CAUSE.—In a general way all rheumatism originates in the formation of uric acid in the blood. This acid finds lodgment in joints, muscles, nerves and even in organs; or floats free for a long time in the blood. It is the result of eating things that are not food.

CURE.—Find out, to start with, what things aggravate the attacks of rheumatism. Strange as it may seem, apples and tomatoes are to blame for ninety per cent of all cases in this country; and apples and gooseberries for ninety per cent in England. There it is easy to connect gooseberry eaters with rheumatism; the people who avoid this national fruit and are careful in an aver-



age degree in their diet, never have this malady. In all cases where rheumatism is present, and where the diet of the victim is known, the relation of the cause and the effect is beautifully shown. A friend whom we met at a seaside hotel one summer mentioned the fact that there were twenty-five persons stopping at that hotel who were sufferers from rheumatism, and they felt it more when the wind was damp and raw. It is true that dampness and exposure to raw winds will cause agony when the trouble is present in the system; just as an ulcerated tooth will respond when hit by something hard. But if the rheumatism is not present, the raw winds will not bring it into activity. These twenty-five persons, he stated, were eating every day the foods that brought poisons into the blood. Our friend offered to take the part of a go-between, and make a list of each thing eaten at each meal by all the persons involved. This list we corrected from day to day, with the final result that the troubles abated, and it was not long before they were able to enjoy life even in damp, raw weather. But, if a complete and permanent cure is wanted, follow the plan set forth in the Eighth Section of this book. Study foods and their effect on the system. That is the best of all ways. We have known of many thousands of cases that have been cured, and it is our belief that the present day widespread prevalence of rheumatism is wholly unnecessary. The only difficulty in the way is that a cure requires a complete revolution in the diet. This some people are not willing to endure. They find, at first, that a change of diet is irksome and does not agree with them; which is true; and they drop the cure. But those who have adhered to it, and they are legions upon legions, have found a remedy and relief so perfect that they say in the words of a recent patient who had persevered and conquered, "All the wealth of the world would not tempt me to go back to my old habits of eating."



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## TWELFTH SECTION

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# WARNINGS

**L**IFE IS COMPLETE enough to demand attention in all its departments, as well as in the selection and uses of foods. Of course the body is made by the foods that enter it; and what the foods are, that the body must be. We cannot escape this overpowering fact. But the foods make a complex body. They build bones, and organs and nerves. The latter carry life along their wires to all the muscles; and these merely perform the commands of the nerves. The mind is in the brain, and has several departments, each with special duties. The question now arises, do the nerves and the mind exert any control over the physical body? Is it true, as claimed, that the state of the mind controls digestion, or that digestion controls the mind and makes its moods? To go further with the inquiry, is the mind able to make the body one way or the other, good or bad, vicious or noble in its characteristics? Until very recently it was supposed that the mood of anger brought about defects of nutrition, as it is known to check digestion. But a class of experiments has proved that anger and all other moods are the result of poisons in the blood and brain arising from wrong food selection. This being true, it is useless to tell a person to be cheerful when there is every incentive to be ill-natured.

It has been preached for generations that, if you will force yourself to being cheerful, you will in time throw off the ugly demeanor that has become a fixed habit, and will attract friends by the score.

Many a man and woman has started in on January first with the resolve to be cheerful at all hazards; they have been successful for an hour or a day; and then some irritating influence has dislodged the artificial cheer. You cannot resolve to be what you are not. Reform of the nature and disposition, of the character and personality must begin in the structure of the body, in the making of its material and the putting into place the elements out of which mind, muscle, nerve and flesh are made. The maker is greater than the thing made; and the food that enters the stomach is the maker of the human body. As will be seen later, the source of every department of life is in the cells that are created by the blood out of the food that comes into the stomach.

In view of the complex formation of the body, and knowing that the discoveries of recent years have revolutionized the theories that have held sway in the past, we add here some suggestions, many of which are warnings against the wrong tendencies of the day.

### THE MIND

1st Warning:—Do not believe that the mind controls the making of the body. It, at times, masters some of the functions, especially digestion, respiration and circulation; but the brain and its operations depend on the food and nutrition that is furnished by the blood. The mind is the sum total of the intelligent cells that make up the tissue of the body. Those cells are the direct work of the stomach.

### AVOID CHEAP ADVICE

2nd Warning:—Do not allow your mind to become pliable putty to be shaped and molded by the opinions of others, when you possess the opportunity to arrive at the facts for yourself. Advice is as common and as free as air, when it relates to your conduct in matters of health. Stop following random suggestions that you hear or read.

### SENSATIONAL DOCTORS

3rd Warning:—Learn to analyze the off-hand assertions of doctors who tell you you can eat what you please, as much as you please, and when you please. Some doctors give this advice to attain popularity; some give it because they know their patients will eat, for the most part, in defiance of the laws of health; and



some give it through ignorance, stupidity, indifference, or with the dishonest motive to increase the sickness of the times. Such advice is vicious in the lowest degree; and the man or woman who adopts it will surely pay the penalty in this age of adulterations and difficult food problems.

### IMPOSSIBLE CHEERFULNESS

4th Warning:—Do not try to be cheerful when your brain and general system are congested and your nervous power strained to the breaking point by the poisons of a bad diet. Ill temper and irritability are mental diseases when they attend a normal healthy body; and as such they are not curable, for they belong to the same class as criminal tendencies and insanity. Irascibility is insanity. On the other hand, an entirely different kind of irritability arises from the constant congestion of the membranes that cover the brain; due always to the poisons set free by wrong food selection. Do not let this kind of ill-nature grow. Correct it by adopting a true diet. If then you still remain irritable, the cause is in the inherited disease of the brain. There is no use trying to be cheerful until you are able to succeed. Then increase your good nature all you can.

### KNOW YOURSELF

5th Warning.—Find out for yourself the foods that hurt you. Remember that there are several grades of distress; unrest in digestion gives no pain, but is the source of a condition of general congestion all through the body and brain. It is hard to detect and to connect it with the foods you eat, but this can be done by skilful attention. Blind indigestion results in actual irritability, without causing pain. It can be detected and traced to the foods that cause it. Gas and “rolling” sounds in the abdomen, follow any kind of uneven digestion, showing that carbon poison has been set free which is a source of danger to the heart, liver and kidneys. Make a list of the foods that increase your vitality and good feeling while they are being digested. Such a list is valuable.

### PREVENTION

6th Warning:—Learn the wisdom of prevention in place of cure in fighting diseases and sickness. While the battle to cure is

necessary when the body is in the power of ill-health, the wise man or woman does not wait until that time. The human race has always had some such motto as that which says, "An ounce of prevention is better than a pound of cure," but modern methods hold this good old motto up to scorn. The locomotive engineer watches his engine and cares for it in order to prevent a breakdown; human beings wait until the breakdown comes before they take care of their bodies. Defective bridges that are repaired before the accident happens, are far better than those that are repaired after the train has been wrecked. People take chances with their own health, and the health of the children that are in their care; and are content to repair the damages rather than prevent sickness and death.

#### DRAGGING OTHERS DOWN

7th Warning:—Remember that if you are careless and become sick, you not only lose your time and earning power, but become a burden to others who must wait on you, and sacrifice their time and strength in order to bring you back to health. It may be the labor of love on their part, but it is an imposition on your part to saddle your needless sickness on others. You who stupidly expose your health to needless dangers and become seriously sick, are wantonly selfish, when others must wait on you and pull you through.

#### DOORWAY EXPOSURE

8th Warning:—You are at the door of your house bidding goodby to some caller. The caller is clad for chilling weather; you are clad for indoors, and have just come from a warm room. The caller lingers at the door, while you are exposed. You deem it impolite to excuse yourself and get back into the house where you belong, and so you catch cold and are stricken with pneumonia. The members of your family and a trained nurse take care of you. Expenses are piled up, and future comforts must be denied as well as the planned vacation of the following summer; all because you did not have sense enough to excuse yourself when the caller wanted to stand at the door "talking." You lack backbone. You and others are taxed for that lack. No sensible person will go

from a warm room to the outer door and remain exposed in the chilling air; yet that very thing is done almost universally.

### STUPID CARELESSNESS

9th Warning:—A man is starting out with no umbrella and no overshoes. His wife asks him to avoid getting wet and chilled. He makes fun of the idea. She then says: "If you get sick, think what it will cost in money. Think of the extra work you will make for me. The hardship of your sickness will fall largely on others; think of them." And the man realizes his mistake. He avoids needless exposure.

### DAMP GROUND

10th Warning:—The human body is an electrical storage system. The same laws that will draw off electrical energy from a battery, will draw it from the body. Dry surfaces are non-conductors; wet surfaces are good conductors. If you stand still on a damp walk or street, the vitality will leave your body. This is why exposure to wet and excessive dampness especially of the feet that come in contact with the ground, will result in your catching cold and possibly more serious troubles.

### DO NOT BATHE ON FULL STOMACH

11th Warning:—Few people know that a bath should not be taken soon after eating. The gastric juice that is poured into the stomach is of great volume, and is charged with human electricity or vitality; and the attention of the blood is called to that organ. Bathing at such a time weakens the vitality; and, out of every thousand cases of paralysis, over two hundred attend or follow the act of bathing after eating.

### DRAFTS AND PARALYSIS

12th Warning:—More than half of all strokes of paralysis attend exposure to a draft of air of lower temperature than the air prevailing about the body. Sitting by an open window at home, or in a car, or standing at an open door, invites such a stroke where the system is pre-disposed to it. We have a record of over two hundred cases of facial paralysis occurring in cars where some person has



opened a window in front of the seat where the stroke has occurred. The person who opens the window does not get the full danger of the air current, as the draft is thrown backward by the motion of the car. The person in the next seat back of the open window is the sufferer. More than thirty thousand cases of pneumonia and quick consumption are started every year by the open window of the car; and yet the miscreant who opens it does not care so that he can cool off his sticky and un-bathed body.

### CLOTHING

13th Warning:—If you are in a room where the temperature is over seventy degrees, wear less clothing whenever possible; if under seventy degrees, wear more clothing. In the one case you prepare your body for the outdoor conditions; in the other case you avoid catching cold.

### ARTIFICIAL HEAT

14th Warning:—Artificial heat comes from the outside to the body; natural heat comes from the inside of the body. The greater the artificial heat, the less active will be the development of natural heat. It is therefore better to be over-clothed in a cold room than to stay in a room that is too hot, even if the clothing is suited to it. Many people have trained their bodies to generate heat by living in cold rooms while their bodies are given extra clothing to prevent catching cold.

### COLD FEET

15th Warning:—Toasting the feet in ovens, or over heaters, educates the feet to depend on artificial heat. The better way is to wear less clothing on the body, and to over-clothe the feet until natural heat is generated there. The best way of all is to adopt the diet given in the Eighth Section of this book; for that makes a great quantity of new blood.

### UNDER-CLOTHING

16th Warning:—Suit your under-clothing to the changes of the weather. Have three grades of weight in under-clothing. Change them with the change in the temperature. When you are very chilly put on two undervests. Keep the chest warm and pay less

attention to the rest of the body, except to avoid dampness. Nature never intended humanity to wear heavy clothing about the legs. People in Canada who wear double undervests and no under-drawers, have better body heat than those who over-clothe the legs.

### MESH UNDERWEAR

17th Warning:—Never put wool or flannel next to the skin. Mixed wool and cotton goods are more readily procured, and are better than all-wool. Best of all is the open mesh goods, for they permit a ventilation for the upper half of the body that is conducive to good health. Cotton mesh is good; linen mesh is better; and silk mesh the best, but not advised, owing to its great cost.

### SHOES

18th Warning:—Slippers and low shoes are sources of danger as they invite colds. We know of many cases where the tendency to catch cold was at once lessened by the adoption of shoes that reach over the ankles. These are the best the year round. In a house the cold currents of air are always close to the floor, as may be ascertained by noting the difference in the sickness of babies that crawl on the floors when very young, and those that play on beds until they are old enough to walk. We refer to houses that are cold. When babies play on the floor it is better to keep them in the second floor rooms, with the doors shut, in cold weather. In adults the feet are sensitive to the loss of electrical vitality on which life depends; and it is therefore better to wear rather heavy soled shoes, and protect the whole feet and ankles. This method increases the vitality and makes the health better.

### AVOID COLD WATER BATHING

19th Warning:—Cold water bathing that produces a shock, or causes pain, empties the vitality from the nerve centers with every such shock. While a dash of cold water followed by instant drying with a hot towel may be beneficial, the habit of taking cold water plunges when the body is pained by them, results in time in nervous prostration. Cold water bathers are always more or less nervous and irritable; and they are on the road to neurasthenia. We know that the weight of medicinal opinion does not agree with this

claim; but the thousands of cases of nervous prostration that we have traced to this one cause are better evidence than anybody's opinions. A fact is always stronger than a theory.

### THE CHEST AND BACK

20th Warning:—In very cold winters, do not bathe the upper half of the body; but bathe every night from the hips to the feet. Change the undervest every night if possible, or as often as you can, and depend on dry rubbing of the upper part of the body. Water is not beneficial except in warm weather for the chest and back. Keep the skin open and active always.

### MOUTH BREATHING

21st Warning:—When you are in a crowd of people in a room, hall or store, do not let the germs of their breath get into your throat and lungs. Learn to talk on out-going breaths only, and to shut your mouth between talks. In your nose nature has put two sponges that catch all dust and germs. Inhale through your nose all the time; it makes no difference how you exhale. Contagions of diphtheria, consumption, common colds and la grippe are always caught through mouth-breathing; and the nose-breather is safe from them.

### SNORING

22d Warning:—Avoid snoring by acquiring nose-breathing during all your waking hours; and by taking from your nervous system the heavy tax of difficult digestion. Snorers are mouth-breathers. Nervous exhaustion also invites mouth-breathing during sleep. If you snore and annoy anyone, leave orders to have the bed tapped a few blows until you half awake; and you will soon graduate from the snoring habit, if you acquire nose-breathing during your waking hours. This rule is a sure one, and never fails.

### BAD AIR

23d Warning:—Any time the air is very bad in a room, and you cannot get away readily, always turn the face slightly upward, close the mouth and inhale with long, deep breaths. You will find great relief in this method, and will often save a fainting spell; as well as avoid danger of dioxid poisoning from foul air.



## KISSING AND CANCER

24th Warning:—Children should be taught not to kiss each other, nor to kiss older persons; and all kissing should be discontinued among girls and women; for more diseases are transferred in this way than in any other one method except mouth-breathing. Cancer germs are on the lips and about the teeth.

## COLDS AND MUCUS

25th Warning:—Persons who cough and sneeze at the table, and cooks and waiters who have colds so that they cough and sneeze on the food, should be informed in some way of the dangers they bring to others. Flies should not be allowed to light on foods, as their legs drip with manure and foul decay, and carry millions of germs of tuberculosis and typhoid to the things that are eaten.

## FLIES AND DISEASE

26th Warning:—As flies are the most deadly enemy of the health, a campaign should be made against them from the beginning of every season. They lay their eggs always in manure or filth that is about the house or within a hundred feet or so. See that all manure is removed at once; that dung heaps are not exposed, unless treated to carbolic water; that even bird and animal droppings are cleaned up and buried, and outside toilet houses always covered and cleanly. Then there will be no flies. It is better not to raise them than to kill them. But if there are flies, never let one get in the house, or stay in. Have fly paper, traps and other means at hand; for one fly may bring the deadly typhoid.

## OUTDOOR DUST

27th Warning:—Outdoor dust from roads and fields is largely powdered manure, carrying germs of disease. Keep all such dust from the house as much as possible. For fresh air in rooms it is better when possible to open the windows on the leeward side of the house; or, when on the windward side, while the sun is shining; for wind and sun kill germs of disease. Screens and curtains at windows keep out much fine dust, but not all. But everything helps.

## INDOOR DUST

28th Warning:—Dust indoors is laden with germs of disease, and here we find the source of all epidemics except those that enter through the stomach. Contagious diseases are either inhaled, or else they attack the skin of the hands, face or neck; when not entering at the stomach. Smallpox starts with floating indoor dust that lodges on the exposed skin; and this is but one example. Therefore see that the carpets and curtains are cleaned in such a way that the dust that is set free does not fall back on the clothes or other things.

## DINING ROOMS

29th Warning:—Most dining rooms are swept with brooms, and the dust is thrown up in the air, and comes down on the table cloth, the dishes, and later on it gets to the food, for every step taken by a person in the room agitates the dust. You cannot enter any dining room that is not thus charged with disease germs. Take any table cloth and shake it in the sunrays at the window, and you will see millions of dust particles dancing in the air. Analyze these, and you will find many diseases on them. The better way is to use a vacuum cleaner on the carpet, and antiseptic oil dressing on the woodwork; keep the table cloth and dishes covered over for at least two hours after the room is cleaned; and do not have it cleaned before a meal. The proper time is as soon after eating as possible.

## BED CLOTHES

30th Warning:—Your bed clothes are loaded with dust. You go to bed and breathe all night the room dust that has been swept into the air and that has fallen on the bed, there to rest until you come. It is all right to air a bed; but the aired clothes, unless they have been out of doors on the line, are dust-laden. Wherever carpets are swept with brooms there will always be dust and disease. Common colds get their germs quite often in this way. The bed-clothes should be aired well; then shaken well; and, after the bed is made up, it should be covered with a cloth large enough to protect every part of it from floating dust in the room. It will pay.

## SOILED CLOTHING

31st Warning:—Do not sleep between sheets or on pillows that are dirty. Do not wear collars that are soiled. Do not wear sour under-clothing. Have clean things next to the skin. Boils, carbuncles, ulcers, sores, and erysipelas have their outward cause in dirty clothing. This fact has been amply proved.

## NEURALGIA

32d Warning:—Neuralgia is a warning of nature telling you that you are abusing your vitality or your stomach. Find out which.

## SLEEP AND VITALITY

33d Warning:—Do not believe those who tell you that you do not need sleep in abundance. Some persons can endure any abuse for many years; but nature prescribes eight hours of sleep in every twenty-four; and eight hours on the feet. Not everybody can comply with this rule; but the nearer you come to it the better. Until growth has been fully attained, nine and more hours of sleep are needed, depending on the age. After the powers of the body have passed their zenith, more than eight hours of sleep are necessary. But more than eight hours of consecutive sleep weakens the vitality; and this function should therefore be broken into two or more parts when possible. Old persons should sleep an hour in the day time, and eight hours at night.

## SLEEP AND WEIGHT

34th Warning:—Sleep before a meal repairs the nerves; sleep after a meal repairs the physical parts and organs. Activity after a meal tends to keep the weight reduced; sleep after a meal tends to increase the weight.

## RHEUMATISM

35th Warning:—Rheumatic pains are a warning of nature telling you that you are eating or drinking chemical elements that are foreign to the needs of the body. Things that you eat and cannot drive out of the blood, will stay to torment you. Most medicines, patent and other kinds, contain elements that are direct poisons, and that remain in the system as long as you live. Many foods



and most drinks contain similar dangers. Study the Fourth Section of this book and be wise.

### EVENING MEALS

36th Warning:—Do not believe the medical men who tell you to eat your heaviest meal at evening. They know very little about the facts in the case. We have studied these things for over thirty-five years. We have observed thousands of cases, and have had reports from more than a hundred thousand experiments. It sounds good to hear medical men say that the waste of the body during the day should be repaired by a heavy meal at night; but these same medical men know that people eat three times as much food as they should, and they are finding that the omission of the third meal, or supper, or late dinner, whatever name it goes by, brings better health than the eating of it. We are not advising its omission; but we do advise all persons who seek good health to eat a light supper, not small in quantity, but light in digestive strain.

### ARISE HUNGRY FROM MEALS

37th Warning:—If you eat at a meal all the food that you are eager for, you leave no reserved force in the nervous system for carrying on the best form of digestion. Eat enough always; but rise from every meal slightly hungry. This law of reserving force is one of the great secrets of personal power.

### RULE YOURSELF

38th Warning:—Do not be led astray by your relish for things that your judgment tells you are hurtful. Be stronger than your physical cravings. Do not be a slave to any passion or temptation. The real king is he who is able to rule himself. There is no greater triumph in the world than victory over self.

### DANGERS OF FASTING

39th Warning:—Do not be led into the omission of a meal, or into fasting, except in a scientific way. You will destroy your vitality by so doing. You will become a slave to others, if you make yourself weak in mind, in vitality and in physical strength by

regular fasts. Your body needs regular meals; three a day, if you are strong; and five a day if you are anaemic and have thin blood; but they should be meals that supply the needs of life.

### LOSS OF VITALITY IN EATING

40th Warning:—As soon as you are able to grasp the fact, make yourself understand the importance of relieving the vitality and nervous energy of your body from the burden of digesting, fighting against, and endeavoring to throw off foods that are not suited to your needs; foods that do not digest readily; foods that cause hard labor in the system, even if they do not give you distress. What is the use of expending seventy-five per cent daily of your energy in the struggle to digest foods that do you very little good, and that demand all the power of your vitality to dispose of; when there are many kinds of food that will digest easily and will furnish your system with energy instead of taxing it? Your mind suffers loss of power in the food struggle going on within you. Your faculties suffer, and your usefulness is lessened very much.

### PORK AND LARD

41st Warning:—As the human blood will not absorb pork, and as the gastric juice will not act upon lard, why do your body injury by indulging in this class of food when it costs good money, and produces harm? Your dogs have a large fund of instinctive sense; they will eat good beef three times a day as long as they live, and never tire; but they will eat pork once or twice and then sicken of it. Pastry made from lard is always useless and hurtful.

### ANGEL COOKS

42d Warning:—Do not show loss of interest in your struggle for perfect health, if others do not agree with you at the start. Do not expect your cook to reform her methods; for she has her fixed habits of making things, probably handed down from past generations, and she hates to change them. All women dislike to be told how to cook, except that class of women who are especially endowed with the gift of instinct that lifts them out of the drudgery routine duties into the hope of better things in this world. The woman who is able to understand that food selection and cookery

make the disposition, the cravings, the health, and the whole nature of humanity good or evil; the woman who sees this law and acts upon it, and so plays her part in emancipating mankind from the awful conditions of today; that woman is a jewel, a queen, an angel, and no reward here or hereafter can be too great for her.

### THE MEDICINE AND PILL HABIT

43d Warning:—Do not form the medicine taking habit, nor the pill habit. There is hardly any medicine made today that contains the elements needed by the human body. Avoid loading your system with things that are foreign to it. Stop reading the advertisements of patent medicines.

### DRUG AND DRINK MEDICINES

44th Warning:—Most drugs of the liquid class, like bottled medicines, contain alcohol; and, from this innocent source, many good temperance people have been made slaves to alcoholism; drunkards against their will and knowledge. Almost all drugs, either in pills, or powder, or liquid form, contain habit-fixing poisons, such as cocaine, opium, morphine, chloral and other narcotics. When you begin to get these into your system, you cannot live without them. Despite all claims to the contrary, these fiend-makers are slipped slyly into almost all drugs and medicines, in drinks even at the soda fountain, and in cigarettes and tobacco. No person is wholly safe who uses anything that can be doctored in the making.

### PACKAGE GOODS

45th Warning.—Under the suggestion of the preceding Warning, it is an act of wisdom to avoid all canned and package goods as far as possible. No one is wholly safe except when the products that come direct from nature are used in preference to all others. When flour can be bleached, mixed with alum, lime, white earth and other minerals, who is safe today? Eternal vigilance is the price of perfect health and a happy longevity. Avoid hash, sausage, food mixtures, and the products of cooking schools.



## ANALYSIS OF FOODS

46th Warning:—You live in an age of unintelligent civilization. You are not to blame. Humanity must rise “one notch” higher in the scale of intelligence before it will be able to grasp the necessity of having, as a part of the public service in every county and town, a complete system of chemical analysis of everything that is offered for sale and intended for the human stomach. Millions are donated by charity for curing the ills that are caused by food adulterations; but not a cent is given for chemical analyses, which will prevent most of the illness and suffering that now must be combated in hospitals, sanatoriums, and poorhouses.

## ADULTERATORS ARE MURDERERS

47th Warning:—When civilization has risen “one notch” higher in the scale of intelligence, the men who annually kill thousands of babes, and more thousands of adults, by food adulterations and preservatives, will be branded as *murderers*, and no longer as smart business managers; their criminal methods will be laid bare by public chemistry in all parts of the land; they will be arrested, convicted, and executed as the worst felons that ever drew into their lungs the breath of heaven; and the great public will then have a fighting chance for freedom from ill health and premature death.

## LIFE-FOOD

48th Warning:—When civilization has risen “one notch” higher in the scale of intelligence, the staple food of the Caucasian race, whole wheat, will be scientifically used; the indigestible bran-husk will be discarded, and the body-building contents of the outer layers will be combined with the starch of the center; and thereupon a food that stands alone in all the world as the one and only food that contains all the parts of the human body in the exact proportions needed, will be saved to the public. When man first came on this earth, wheat was waiting for him; wheat has been the food of the highest type of humanity throughout the world; and wheat is the exact equivalent of the body, brain, muscle, nerve, flesh, bone and all. Yet today only the starch is used for making bread. When the whole grain is asked for, we are given

the indigestible husk. No one American has the sense to adopt the new method now in vogue in Europe of making bread from the whole grain, omitting the husk of the bran. But abroad they are seeing a new light. They even provide mills that are worked by hand; they take the wheat grains, grind them, remove the husks, and make up the bread *fresh from the grinding*. This bread is the most delicious food that ever entered mortal mouths. It has no equal. But the great business interests of America cannot stop to deal with this question. Some day, the race will rise its "one notch" higher, and the greatest blessing of all time be given it; hard winter wheat, rich in gluten, ground the same day it is used in bread, and containing all the grain except the husk of the bran.

#### THAT FISHY LOOK

49th Warning:—The lowest type of human craving is descended from the long prehistoric past: the desire to have something in the mouth all the time, or much of the time. If the mouth were connected with the outer world at the neck just below the swallowing part, so that the contents could be withdrawn, much of human misery would cease. Few persons can endure life very long in happiness unless something is in the mouth or going through that portal. What seems to be the least harmful is chewing gum. No matter what you chew, if your stomach is empty, the saliva is not only wasted, but the gastric juice is called into action to the injury of the stomach itself. Gum chewers, and all chewers, draw the saliva from the glands of the throat, nose and eyes, and in time the eyelids become dead, the eyeballs dry, and the eyes themselves have a fishy look. All their beauty is gone. The use of the mouth for gum, tobacco, cigarettes, cigars, candy, and other things not a part of the food supply, does great damage to the eyes, the throat and the stomach.

#### YOUR BREATHING

50th Warning:—Watch your respiration. It controls your heart, your lungs, your brain and your organic functions; as it alone changes the black and poisoned blood into bright red fluid ready to build up all the parts of your wonderful temple of life. If you stoop in your work or your play, your reading or your

conversion, the respiration will almost die out; therefore keep the chest fully extended to the front, not raised up but advanced forward; do not lean; do not drop your shoulders; do not crane your neck; but sit erect and stand erect, so that there may be the incentive of full breathing. Avoid suspended conditions in your intensity of interest, for they stop your respiration. Avoid games that compel you to sit long at a time, for they cause you to lose ninety per cent of your respiration.

### WORRY AND DEPRESSION

51st Warning:—If your moods control you, re-build your body completely under the plan of the Eighth Section of this book. You will worry and be morose at times, you will become easily discouraged, melancholic, see a dark future, and be depressed at every little thing that goes wrong, as long as the lining of your brain is congested by the poisons of badly selected, badly cooked, or badly digested foods. Re-build all your body; then remember that your difficulties of today will all be forgotten in a thousand years from now; that nature made you to endure easily the greatest trials of existence; and that nothing that can happen is able to take from you your powers of self-support and self-advancement, once your health is made normal.

### KEEP YOUNG

52d Warning:—Do not grow old. Do not begin to age. In some persons the conditions of aging begin when they are in middle life or younger. Watch your faculties, eyes, hearing, skill of muscle, reasoning, memory, and ambition harnessed to hope: these are the insignia of youth; watch them all; never let them lessen their keenness; but the moment they begin to fade, take the matter up in a scientific manner, and see that the younger powers are restored. You can always do this if you are alert and take time by the forelock.





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## THIRTEENTH SECTION

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# GROWING OLD

**F**ROM THE CRADLE TO THE GRAVE is a brief span at the best, for death seems a part of the plan of nature. But death, as understood by most people, is a termination of some disease, or else is a wearing out of the body through years of weakness and decrepitude. As has been stated, some trees die when they are a hundred years old; and examination shows that they have succumbed to disease; while millions of other trees live to be thousands of years old, and show no signs of coming death.

We pass people on the streets who, a few years ago, were in middle life; now they are bent with years and seem feeble; so the remark is made that they are getting old. The next we know of them they are housed by infirmities and cannot get out at all; but must be waited on by others. They are nearly helpless. Most people hope to die before they are broken down.

This kind of old age is wrong and unnatural.

Every night the human race enters that state known as sleep. No person lives who has not slept. If the faculties are normal and the body in health, the night's slumber comes on easily and is welcomed. Sleep is the type of death; it is the fore-runner of the last repose; and there should be no difference between one and the other. If you were to go to your bed at night a physical wreck deprived of the use of your faculties and unable to take care of yourself, you would think this a strange world. Likewise it is abnormal and unnatural that you should take to your bed for the last time in this life, and die from the accumulation of infirmities. One sleep is like the other.

**FOURTEENTH LAW:—Old age is a disease caused by an excess of mineral matter in the food.**

Certain curious laws and rules come into effect as we contemplate this proposition.

*Rule 84.*—In the absence of mineral matter the body would be like jelly-fish.

*Rule 85.*—The growing child is large or small in body according as the supply of mineral matter is great or little in the food.

*Rule 86.*—The size of the child at birth depends on the growth of the bones prior to that event; and the growth of bones depends on the amount of mineral matter in the diet of the mother.

*Rule 87.*—Stunted children have lacked a sufficient supply of mineral matter in the first year or more of life.

*Rule 88.*—Rickets and similar bone diseases are caused by the lack of mineral matter in the diet of the child that has begun to grow to normal or average size.

*Rule 89.*—Where babes and young children have been given food that contained an unusually large proportion of mineral matter, the body has grown of unusual size; as size is merely bigness of bone structure.

*Rule 90.*—When growth of the body is attained at the end of youth, the supply of mineral matter should be at once lessened. Some persons go on growing until they are thirty or forty years of age.

*Rule 91.*—There comes a time when the body will cease to add to its size, and its excess of mineral matter then begins to clog the arteries.

*Rule 92.*—Mineral matter when it clogs the arteries, becomes a distinct barrier to the operations of life.

*Rule 93.*—Stony deposits in the body not only cause pain, but lead to breakdown.

*Rule 94.*—The veins and blood vessels of the heart, as well as its arteries, become in time coated with a thin deposit of lime and other mineral matter, which prevents the repair of the tissue, and results in a thinness of the parts that may at any time give way. It is in this manner that sudden death from heart disease often occurs.

*Rule 95.*—The blood passages leading to the brain are likewise clogged and made thin and brittle; and give way easily under any

strain or pressure in the circulation; causing death from apoplexy more readily.

*Rule 96.*—All through the finer veins of the brain itself this mineral clogging and coating is taking place, hardening the tissue and lessening the flexibility of that organ. Memory is impaired, the power to think is weakened, and new ideas are never received. All beliefs except those of earlier years, are either denied or else enter only at the shallow parts of the brain.

*Rule 97.*—The fine microscopic glands under the skin, millions upon millions in number, are also clogged and stiffened with this excess of mineral matter, and the skin takes on the hue of age, while its flexibility and softness are decreased. Wrinkles come naturally into the face, and on the hands.

*Rule 98.*—By the same clogging which enters into all tissue and membranes, the stomach hardens and is no longer able to digest animal fats.

*Rule 99.*—The nerves and ganglia, or storage centers of vitality, are deprived of their flexibility, and cannot vibrate the feelings and powers of life as well as formerly.

*Rule 100.*—When the supply of mineral matter is reduced to equal the demands of the body for bone repairs; when the foods are selected and prepared to meet the needs of life; and when the methods of living are simple, reasonable and in harmony with the plain laws of nature; then old age as a period of decrepitude, weakness, helplessness and loss of faculties, is an **ABSOLUTE IMPOSSIBILITY**.

The foregoing rules tell their own story. Countless experiments involving more than two hundred thousand cases, continued through many years, confirm each and every one of these rules. It is true that some scientists claim to have discovered the germ that causes old age; but the destruction of that germ does not take the coating off the tissue or out of the veins, nor prevent the hardening of the arteries. On the other hand, the simple process of lessening the amount of mineral matter in the food from day to day, does in fact overcome the old age tendency.

Let us see what foods cause this process of getting old:

1. Old beef, old mutton, old fowl, and old fish; meaning the meat from animals and fish that have lived to grow to maturity, are one of the causes of old age deposits in the body. The reason is plain. When animal life is growing, all the mineral matter goes



to make bones, and we do not eat the bones. When growth has been attained, the mineral matter then lodges in the tissue, and that is what we eat. Hence we store an excess of mineral matter from matured animal life, into our own bodies. We transfer the fault from one life to another, which is our own.

2. Hard water is the most prolific cause of old age deposits. Any person who has seen the lining of a kettle in which hard water has been boiled, knows what is meant.

3. Mineral matter from baking powders, and from food adulterations and preservatives, cause old age deposits.

4. Mineral matter from medicines, either in the form of powder, pills or liquid, are a prolific cause of old age deposits.

5. Soups, broths, boiled dinners, boiled water, tea and coffee, are all prolific causes of old age deposits.

6. Vegetables and roots that have matured are also causes of old age deposits.

The remedy is to be found in the following methods:

1. All meats, fowl and fish you eat should be from unmaturred life. Veal, steer, chicken, half grown fish and game or fowl, lamb, and similar kinds are free from mineral matter, as they have not yet achieved their growth and become charged with such deposits.

2. Secure either distilled water, rain water, fresh spring water, or any very soft water to drink.

3. Let all medicines alone as much as possible; few if any are necessary.

4. Select your foods so as to avoid those that are charged with adulterations and preservatives. Avoid baking powder cooking.

5. Eat only those vegetables that are young.

6. Stop using long boiled water, especially in drinks and food.

7. Make use of old age SOLVENTS, or things that dissolve the mineral matter in the body.

The above suggestions explain themselves except the last two.

Nature will not do for man what he can do for himself. He must find out for himself what to do. When he is helpless, instinct saves him; after that he is the maker of his own life and safety.

But nature has set up laws and processes that man is to learn how to use. The most wonderful of all laws next to gravity, is that of distillation. It is intended to separate the good from the bad. Distillation occurs in four forms: Vapor, Steam, Fruits, and Young Vegetables.

Vapor is the pure part of the ocean or other body of water that rises to the clouds, and is discharged to the earth again in the form of rain; the latter being the pure part of the water. This is a powerful and immensely valuable solvent of old age deposits in the human body.

Steam is the same thing as vapor, except that it is given into the hands of man to aid him. Man, by boiling any kind of water, no matter how bad, is able to set free the pure part in the form of steam, often by double distillation; then to condense the steam into water, and use it. What do you think of the prevailing custom of letting the steam escape and using the part that remains?

Every part of steam that escapes from boiling water contains the pure portion of the water. The minerals, the poisons, and the dregs are in the part that remains after the steam has taken the good away. Many cooks let the kettle boil or simmer indefinitely so as to keep hot water at hand. They use the dregs in tea, in coffee, and in other ways. If at any time hot water is needed, the only sensible method is to put on fresh water, bring it to a boil, and then use it at once. Many women allow tea and coffee to cook or simmer all day long, adding more as they need it; and thus they are drinking dregs all the time.

The worst habit of all is to cook meats and bones into soups. We called at a house some time ago in the morning, again at noon, and again late in the afternoon; and each time we saw a kettle of soup cooking in which a soup bone was confined. The woman had all day long been adding water as it boiled away, and kept the bone cooking in order to get the good of it. What she had was the condensed dregs of a great quantity of water, every particle of the pure portion of which had gone off in steam. This woman was aged beyond her years, looking twenty years older than she was. Some persons make beef tea by long boiling or simmering. Some cook boiled dinners by the same method. While the lid remains on the kettle, the vapor escapes all the time, and reduces the quantity of water as is well known.

Men and women grow old faster than their years, when they take the dregs of boiled water in their systems. Families that use this form of cooking show their premature age.

The vapor or steam of water, condensed and made palatable, is a solvent of old age deposits in the body. There is no reason why it should not be adopted as a drink.

All mellow and sweet fruits that are juicy, are natural solvents of old age deposits. The strained juice of very sweet and mellow apples is excellent and effective if taken fresh made daily. But all fruits that are fully ripe serve the same purpose; for nature distils her fluid in her fruits.

### THE NOBLEST PHILANTHROPY

One wrong principle of cookery is that which allows vapor or steam to escape from anything that is prepared for the table. There should be some system invented that retains the steam; or else distilled water should be employed. Some day, when civilization rises "one notch" higher in the scale of intelligence, there will be established in every town and village, public stills that will produce water for drinking and cooking purposes; and thus solve many problems of disease and health. The multi-millionaire who really seeks to do good in the world could not employ his money to a better purpose. Just think what it would mean to the race to have this fair land honey-combed with public water-stills; public chemical-test laboratories to analyze all foods that are under suspicion; and public grist mills to produce daily whole flour from hard winter wheat, having the husks of the bran removed! Humanity is the victim of uncounted ills; and very little is being done to check the sources of suffering; while much is essayed to ameliorate the damage that lack of foresight has made possible.

It is not our purpose to advocate these three things; that is, we are not disposed to ask you to do anything toward bringing them into existence. You are too busy, and public benefactors do not care to deal with matters that do not bring great glory in concentrated form. We believe, however, that when the time is ripe, the impulse will be put into the heart of the people to demand these things. Congress spends one hundred million dollars every year in log-rolling expenditures, and several times that vast amount in gifts; while a small part of one year's generosity would set up these great needs throughout the land.

We are showing to you the way to do the best you can for yourself under this new plan of life. You can keep old age out of your body by very slight attention to these rules and teachings.

No matter what your present condition may be, if you are not already hopelessly diseased, and we do not believe you are, the way is open to you to re-build your body into a perfect temple.



Such a body will contain a clearer mind capable of winning success where now the future seems dark and uninviting. More than eight hundred men of the business world whose health was reasonably good, adopted the plan of re-building the body, and all of them now declare that their minds are able to think more deeply, more keenly, and more clearly; and that their subsequent success has proved the value of the method. "It makes all the difference in the world," says one of them.

No matter what your health may now be, if you have not rebuilt your body, it is better to do so in order that you may take a new start in every department of life. Having done this, then resolve to keep old age out of your body. Grow in years, not in age. Longevity is an honor when the faculties are alert. Live until you desire to try the change that is called death.

All persons receive inspiration from the experiences of those whose judgment and success entitle them to the highest respect. Thomas A. Edison, the world's greatest inventor, is a man whose mind is one of the deepest and keenest on earth; and whose opinions sway millions rightfully. Edison is about sixty-seven years old. To quote his exact words, "My grandfather, early in his life, became fascinated with the story of the great Venetian, Louis Cornaro, who, when he found himself a wreck in middle life, reformed his diet, and by keeping it right, managed to live more than a hundred years. My grandfather after that, ate carefully, and lived to be one hundred and four. No disease killed him. He was perfectly well up to the time that he died. He lost interest in life. The cells of which his body was composed were anxious to get away. So my grandfather told his children that he was going to his daughter's house to die. He went to her house; undressed; went to bed; and *died*. There was nothing the matter with him. He was simply tired of life. And my father died the same way. They had found that the secret of long life and perfect health lay in right eating. As for me, I eat only because I want to live. As a result, my body is not poisoned with decaying, surplus food. My arteries are as soft as a child's. I believe in the intelligence of the cells that constitute our bodies; that the intelligence of a human being is the sum of the intellects of all his cells. I am certain that the cells possess intelligence. So long as they want to live, see how they fight for life." Let us hope that

this great man, perhaps the greatest man now living, will retain the full possession of all his faculties until he has exceeded the century mark; and that then, having tired of life, he will die in perfect health, when the cells of his body become anxious to get away.

To die in perfect health!

What a consummation!

Admiral Dewey at this writing is seventy-five years old and more; he is very young for his years; and he has just said that he owes his splendid health to the fact that he has always eaten carefully and sparingly, with due regard to the needs of his body.

All along the line of human experience, there comes the universal verdict of those who have proved the truth in their own lives, that health and the possession of the faculties unimpaired in advanced age, is due first of all to right eating; and, second, to right living. Behind the seemingly casual remark of Edison, "My arteries are as soft as a child's," rests the profoundest truth in human life today. When the arteries begin to harden, then old age commences; and this is actually occurring in people who are not yet out of their twenties and thirties. A careless diet may cause the deposits of old age material; or minerals in the foods eaten beyond the needs of the bones of the body, may pile up their surplus at any time of life; and no longer can it be said that the arteries are "as soft as a child's." Here is the secret of the disease known as growing old. It is wholly controlled by what you eat.

One of the first signs of old age is the dimming of the sight. While the eyes may be disturbed by many causes, in ninety-nine cases out of a hundred, the chief trouble is in the blood; and the blood is nothing more than the food that it is made of. Old age deposits, beginning at any time, even in youth, harden the nerves that support the vision; and they are the most delicate nerves in life. Even where there is no other kind of trouble, the advancing years always play havoc with the eyes; and there is but one channel for their enmity, and this is in hardening the blood vessels and interfering with their nervous conditions.

The approach of ear trouble is one of the easiest processes to trace as age secures a grip on its victim. The ear-drum vibrates like the disc of a telephone, and its vibrations set in motion the nerves that communicate with the brain centers where these move-

ments are translated into intelligence known as sound. Many blood vessels and many fibers of nerves are involved in this sense. Their work cannot be well done when deposits choke the tiny blood vessels, or harden the fine nerves. Hearing is best when the whole circulation of the body is best; when the blood that supplies nerves and tissue to the ear and its parts, is pure and wholesome, vigorous and free from injurious deposits. Under such conditions, there will never come a time when bad hearing will follow; for any man or woman has the power to preserve the hearing for more than a hundred years. When you meet a person to whom you must shout your remarks, you can always know that old age deposits have brought on the loss of that great faculty.

Preserve it at all hazards.

The means of prevention is in the proper selection of food. This also helps bring about a cure, if the neglect has not been of too long duration.

In every scalp where the hair is not healthy, the roots of the dead or dying hair are embedded in this same old age deposit; the dandruff scales off readily. The remedy was not at the scalp, but at the source of the trouble, the stomach. Yet millions of men and women today are doctoring the head, while they continue to pour into the stomach the ceaseless supply of old age deposits in wrongly selected foods and drinks. As one of the world's greatest scientists recently said, "Humanity is not yet civilized, for it treats and drugs the effects of its stupidity, and gives no thought to withdrawing the cause."

This is a hard verdict, but it is correct.

The brain shows, step by step, the accumulation of old age deposits, as memory loosens its grip, and the mind ceases to take on original ideas. When the blood vessels of that mighty organ are clogged with excess of mineral matter, the flow of mucus from the meninges, which is a part of the process of thinking, is lessened in exactly the proportion of the stoppage. Not only is nutrition to the brain cut off, but thinking is difficult. Old people will sit for hours with blank minds. The organ of thought is merely clogged with mineral matter, and new blood is kept out; and, worse than these, the poisons that come from the waste of every day's living, are held in the brain there to do infinite harm. Irritability and many moods ensue, finally including childishness in the aged. The cause is easily traced back to wrong food selection.



It can be asserted as a positively proved fact that senility, old age, second-childhood, loss of memory, blank minds, and stubbornness are all the direct results of the one cause known as mineral deposits in the brain. All these effects can be avoided; and many of them cured even now.

One of the slang terms of today is that which describes a stupid person as a "bonehead." There is much truth in the phrase. The hardening of the blood vessels and ossifying of the tissue of the brain, is very much like the natural process of turning flesh to bone. Old people cannot think, cannot take on new ideas, and are at a standstill in their mental processes when they reach the "bonehead" stage; and the semblance of this condition in younger people justifies the term of reproach.

All the organs of the body harden when the old age minerals are brought in with the foods and drinks. Boiled drinks, such as tea, coffee and the like, where the steam has taken the distillation from the water; the use of long boiled water for making drinks of any kind, even in the preparation of tea and coffee as is the custom today to a great extent; and the use of broths, soups and boiled dinners where long boiling has carried away the vapor of the liquid, even when the cover is on the kettle; these are powerful causes of filling the body with old age mineral matter. Organs harden, the liver suffers first, then the kidneys, and finally the heart.

The latter organ little by little slows up in its work.

But every flow of blood that contains mineral matter is bound to leave some part of itself on the inner lining of each artery and vein, and in all the tiny blood vessels. Even one fleck of such matter, left to imbed itself in the interior of any passage, is sowing the seed of future hardening. The heart suffers in many ways from this process. It is deprived of its own nutrition to some extent; it is weakened by the hardening; it is clogged by the interference; and it cannot throw off the ever present poisons of daily waste. Its tone is not as good. It may become diseased, or it may bring death to some other organ by its inability to supply it with pure, fresh, renewed blood. Here is the first cause of apoplexy in the brain. Here begins what is known as old age pneumonia because of the weakening of the lungs. Here the kidneys are left to succumb to their own poisons.

A clock runs down and stops by slow degrees when its spring

ceases to retain its power. Some clocks are a day or more running down; then all is still. The human heart may be years in running down before its final beat is made; growing weaker and slower all the time. The cause is in the stomach, for the heart must look to the stomach for its supply of food, and must take whatever the stomach has to offer it. You cannot allow old age minerals in the food year after year, and expect a heart of energy and power.

The skin wrinkles when the old age deposits array themselves along the lines of use. Thus a person who laughs a great deal, and whose body holds much old age mineral matter, will build wrinkles along the lines of the face that are used in laughter; and the same is true even more strongly of scowling. Any oft-repeated movement of the face will invite the permanent residence of old age deposits; and so we can recognize the old man and the old woman by the marks that are charged to time instead of being placed against the account of an excess of minerals in the food and drink.

A non-mineral diet maintained for many years, will keep the old age wrinkles from the face, just as it keeps old age out of the whole body.

The hardening of the spine, and the stiffening of the muscles and cords especially when accompanied with the "letting go" of the upright carriage of the body, are all due to the same cause, the excess of mineral matter in the food and drink. It takes years to bring back youth to a person past middle life. It is always better to begin before too many years have been piled up in the span of existence.

There are two sources of satisfaction in these laws and rules:

1. You can always be moving back towards youth, even if you move slowly. It does not matter so much how fast you travel if you are going in the right direction.

2. If you have yet the years of age ahead of you, all power is now placed in your hands to remain young in body, in faculties and in power; for your body may be not more than half-hardened in its arteries and veins.

In addition to this pleasing prospect, you will always have the knowledge that you are in the right way in every respect; your mind will become clearer and stronger, your health perfect, and your usefulness in life to yourself and to others will grow until it is crowned with a perpetual prosperity.

Will you become a Life-Building Ralstonite NOW?



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## FOURTEENTH SECTION

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# DEAD AND BURIED

**N**O MAN or woman is alive today who was born more than five generations ago. That death is the ultimate end of the physical body is proved by the fact that everybody dies. Each generation brings about fifteen hundred million people on earth; and, as they all die, it is safe to conclude that every man and woman yet unborn will likewise die. Immortality of the flesh is apparently impossible; at least it is so under prevailing conditions.

Youth desires life. The older a person grows, the weaker becomes the craving for longevity; until, at last, the normal individual is ready and willing to go. Human life has SEVEN AGES:—

1. The AGE of INFANCY, wherein the mind and body are slaves to the rule of others; an era of helplessness.

2. The AGE of YOUTH, wherein HOPE paints her skies in roseate hues, and all perspectives lead to Castles of Success. Each life is precious to itself beyond all measure of value; and delicious dreams fill many a waking hour with wondrous achievement for the years ahead.

3. The AGE of STRUGGLE, wherein, with a resolute heart and purpose of steel, the wholesome soul takes up the tools of toil, either of mind or body, and engages in the Battle of Life.

4. The AGE of REALIZATION wherein the TRUTH begins to make itself known; that Life is a hard fact, a contact with duty and drudgery, a monotonous routine of commonplace events, serving no other purpose than to connect one day with another, and one year with the next.



5. The AGE of DISAPPOINTMENT, wherein the mistakes, the short-comings, the failures and the wasted, arid desert of existence crowd the retrospect of Life, while every sigh is burdened with the refrain, "It might have been."

6. The AGE of HEART-BREAKING, wherein all sorrows are accumulated, all losses reckoned; and all hope buried forever as far as earthly achievement is concerned. Loved ones have departed. Golden hours are gone. Days of opportunity never come again; and, in looking back over a long life the one fact stands forth like a ghostly pall that nothing has been gained by being born into the world.

7. The AGE of WAITING, in which, from day to day, through the almost idle hours of life, we listen for the footsteps of the Last Messenger, and wonder when he will come and how. We drew from out the bountiful hand of Nature this body of ours; and we owe to Nature just that much and no more. The debt shall be paid. It will be paid in full. Not one grain shall be missing. Having been brought into the world without choice in the matter, and being forced to grow up and do the best we can against odds that are overwhelming, the weary body, fatigued to excess, gladly pays its last debt, and returns to mother earth.

No person who has once lived would accept of his own free will another lease of life unless he could be given the benefit of its knowledge and experience during the AGE of YOUTH wherein Hope may harness these steeds and drive them to success. But this cannot be. Nature is the greatest Trickster that was ever created. She lures youth on by the promise of hope, so that she may use him to perpetuate the race. The love of life, impelled by the law of self-preservation, is a trick of Nature which, like the mother-love in all races and species, serves the mere purpose of race perpetuity. As soon as this purpose is accomplished hope begins to die and the zest of life stagnates. The grandest success that can be attained in this world is rewarded only by self-flattery and the fleeting admiration of friends.

While one person in ten thousand wins success, all the others struggle on to keep body and soul together. It is a bitter battle. Suffering of mind or heart, walks hand in hand with every pleasure or fond anticipation.

Nature has no use for human beings after they have performed the single task of reproduction. She makes death easily possible

by every method known to an unsurpassed ingenuity. What is more frail than the body of flesh? It is unstable, fragile, ever-changing, melting into diseases so numerous that a whole library cannot describe them, and combating a multitude of dangers on every side. Death is brought about by the merest trifles: a pin-prick in the heart, a blow on the head, a cut of the vein at the throat, a fiber of meat in the air-passage, a touch of the electric wire, a wound in the foot, a drop of tainted flesh on a scratch, a pressure of blood in the brain and a germ of any one of many diseases; these are but few of the countless causes that end existence.

If Nature had wanted human beings to live long and well, she would have given the body stability. A bit of indigestible food in the stomach would not have been permitted to stop the action of the heart; nor would a breath of carbon gas cause instant death. Contagion would not lurk at every corner. The poison of the reptile would be harmless. Sickness would have been unnecessary and therefore unknown.

The LESSON to be drawn from this ingenuity of Nature by which she seeks in peace as well as in war to compel humanity to pay its debt to her as quickly as possible, is THIS:

1. Either the races that have thus far appeared on earth are only stepping stones toward a greater race yet unborn;

2. Or the *God of Discovery* is the divine part of human life, left to itself to break forth into usefulness by the power of its own in-born impulses.

In other and greater courses of study than this, it is shown that Nature is hurrying humanity off the earth, or rather back into it, in order to more quickly make room for this *God of Discovery*; which, although it is now present in every normal human life, is not yet fully active.

All the great upheavals of the past have been sudden. Geology tells us that humanity has dwelt on earth more than a million years, possibly a hundred million; yet civilization has not been here six thousand years; and the line of demarcation is so sharp and clear that it seems as if it came by a leap out of the sunburst of the east.

The *God of Discovery* has begun its work. Less than a hundred years ago, most of the ways and customs of the world were the same as those of sixty centuries back; less than fifty years ago, man knew but few of the things that are now known; less

than fifteen years ago darkness enveloped the giant knowledge of today; and, even in the last two years, a new light has dawned in the study of health and disease which new light is contained in the present book of Life Building. And still greater light is at hand.

Necessity is the mother of invention.

Man must move for himself. No power above will help him to do what he can do by himself. The laws and forces of life are placed at his command but he must learn **HOW TO USE THEM**; and he is just now beginning to learn this lesson. Within every human breast, there dwells the *God of Discovery*. It has the power to awaken humanity as it has never been awakened before. Being divine, it tempers the Age of Disappointment, turns the Age of Heart-Breaking into one of glorious Victory, and meets the Age of Waiting with the promise of Immortal Life.

Nature has been called the greatest Trickster that was ever created; and her tricks are barbed with the arrows of awful penalties. These arrows, in the form of dangers, diseases and disappointments, have been tipped with the black blood of death, and are aimed at human beings who are **INDIFFERENT** to the demands of the great mother of us all.

The human body is the Temple of all life; and in it alone can the soul be born. To abuse the human body, or to remain indifferent to its care, is a crime against God, against Nature, and against the immortal soul; for God gave the soul to the body, Nature gave the body to humanity and the body is responsible to its givers and its gift.

You who are indifferent to this responsibility will be held answerable through the process of the Seven Ages as first set forth in this Section. The barbed shafts of the Great Trickster are aimed at you in the hurry to rid this earth of its encumbering people. You are in the way. Your room is wanted. You should not have been born. You have lived in vain.

But once you lay down the shroud of indifference, a different condition confronts you. Nature is no longer a Trickster, but a Magician. She has invented more than ten thousand little influences of helpfulness, known as **SPECIAL DESIGN**. Try her. Cease to be indifferent to the care of your body, the Temple of life, and note with what wondrous skill this Magician will bring to you her richest blessings, sweetest comforts, and overflowing success in all things, great and small.



This book of Life Building is her message to you. It is the "ALL-NATURE" Course.

It contains the discoveries that have just been made, and refers to those that are being made. And now, in closing, we will show the way to still more important discoveries yet to be made.

When a person is put in the ground, we say he is "dead and buried." But the *God of Discovery* has ascertained the fact that most persons who are buried are not dead at the time. At least this used to be so. Now, the embalmer does the real killing but not intentionally. He is not to be blamed. So important is this new discovery that the facts should be carefully stated. The body contains a brain, a heart, a stomach, lungs, and other organs. If one of these stops, then the embalmer does his work, and death ensues.

If you have a clock that you value highly, and the main spring runs down, or a wheel is misplaced, what will you do with the clock if it ceases to keep time? How often have you seen your watch stop? Did you bury it because it did not run?

An Automobile has a gasoline tank, a carburetor, a magneto, a coil, several cylinders, a clutch, transmission and other parts that are vital to its operation. You value it highly. Suddenly the magneto stops working, and the car ceases to run. Its life has not gone out but its activity is dead. Not a throb is heard. Its heart is silent. Its lungs breathe no more. Its stomach fails utterly. Will you gather a number of people about it, hold ceremonies, dig a hole in the ground and inter it?

No. Some one knows how to repair the mishap; and soon it is bounding through the scenery again with all its former life.

A man recently choked to death when a piece of meat lodged in his throat. By the time the meat was removed, his heart was silent. All activity had ceased. Thousands, yes, hundreds of thousands of humanity in the past, have been buried because of so slight a mishap. But there was no death in the body. Every organ was perfect. The machinery had stopped; that was all. But this one man was not buried. The *God of Discovery*, springing forth in one clear mind, conceived the idea that the heart could be excited back to its action; he tried it, and the man is alive and well today.

It is estimated by experts that more than one hundred thousand men and women die each year from acute indigestion. This simple mishap may attack one who is perfectly well. It is a very slight

thing. All there is to it is the indigestibility of food in the stomach, following indiscretion in eating, the formaton of gas, and the pressure of the distended stomach against the heart, checking its action. It stops! It is as perfect as ever. Every organ is in good condition; but the heart has stopped! One hundred thousand men and women annually pay this fearful toll to Nature. Some day, in the near future the *God of Discovery* will have learned how, in *every* instance, to start the heart again into motion. But, until then, it is your duty to avoid the danger by making use of the discoveries thus far attained, and presented in the earlier Sections of this book.

One slight inhalation of monoxide gas, such as escapes from the kitchen stove at times, and from the gas stoves, will shock the nervous system and cause instant cessation of activity in the body. So thousands are buried every year, although all organs are perfect. The machinery has stopped. So in ordinary gas strangulation, now so common, what is called death takes place; but it is merely the stopping of the active operations in the body. Every large city has its pulmotor, which is used, although crudely as yet in bringing the dead back to life. It fails often; but it succeeds often also. Many have been saved by it, when, a year or more ago, the embalmer would have been called in to do his work, after which no human agency could save the victim.

It is true that many persons are embalmed too soon.

"Is he really dead? He looks so natural and lifelike?" asks a mother who stands by the body of her boy, recently drowned. A perfect body, containing in perfect condition all the organs of life, merely brought to a cessation of its activities by the temporary presence of water in the air passages; yet the mother is helpless. After a while the undertaker says to her, "*Yes, he is surely dead, for I have embalmed him!*"

Is this right?

Surely the *God of Discovery* has work to do; but this work is being done, for year by year more lives are saved after drowning, and new light is being applied. We are on the verge of immensely valuable discoveries, even as these words are being written.

But the wise man or woman will not depend on the chances of such revival. The better way is to place yourself beyond the DANGER ZONE now, and also place your loved ones beyond the danger zone by your influence. The one great proof that YOU

are not INDIFFERENT is in the fact that you believe in PREVENTION as better than CURE; and that you PRACTICE what you believe. Prevention is the greatest financial investment the world has ever known, or ever will know. It saves money, and it wins money. Death comes easily and quickly at times. Where will YOU be tomorrow? Where will your loved ones be? You and they are in the DANGER ZONE today.

### HOW MANY PERSONS WILL YOU PLACE BEYOND THE DANGER ZONE?

First, place *yourself* in safety. Then place your *loved ones* there. Then those of your acquaintances in whom you should take a helpful interest. The Fourth Day of every month used to be called RALSTON DAY; and Ralstonites invited their friends to their homes for Ralston Celebrations, consisting of music, games, outdoor pleasures, a simple but delicious repast, and a discussion of Ralston teachings. Why not revive that day? Why not reach, in the course of time, a hundred friends, and resolve to teach them the way out of the Danger Zone? Invite them to meet you once a month, and read to them some Section out of your book of Life Building at each meeting. It is fascinating. The will come again the next month. The influences of this book are taking a strong hold on the people today. Ministers are preaching from its pages; editors are publishing its great facts, doctors are prescribing them, teachers are telling them in the schools, and why should not you, in your home, read them to your friends? We ask you now to make the following

### RESOLVE OF HONOR.

*I, the owner of this book of Life Building, hereby resolve to place one hundred persons beyond the Danger Zone; and I will mark in ink, one by one, each space below as I progress in this work of helping others.*

1...2...3...4...5...6...7...8...9...10...11...12...13...14  
 15...16...17...18...19...20...21...22...23...24...25...26...27...28  
 29...30...31...32...33...34...35...36...37...38...39...40...41...42  
 43...44...45...46...47...48...49...50...51...52...53...54...55...56  
 57...58...59...60...61...62...63...64...65...66...67...68...69...70  
 71...72...73...74...75...76...77...78...79...80...81...82...83...84  
 85...86...87...88...89...90...91...92...93...94...95...96...97...98  
 99...100





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## FIFTEENTH SECTION

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# THE RALSTON HEALTH CLUB

### BUSINESS DEPARTMENT

NOTICE.—This Section contains Business and Advertising matters only, and may be omitted by persons who are not interested in the progress of this Club, or in the grand work of saving humanity from the distress and misery that are threatening the entire race.



**T**HIS SECTION is devoted to a description of this Club, and is intended to furnish answers to the inquiries that pour in upon us very naturally from all parts of the world, where our work is being carried on. The same questions are asked by everybody. There is a general desire to know what the Club is, and what are the duties of its members.

1. Originally the Ralston Health Club was the name of a book bearing that title. Nothing more. But that book was the result of a private organization of men and women who sought health by forming a close partnership with Nature. While that organization continued, the book went on its way, and there was no intention of forming an actual Club among the buyers of the book.

2. In later years, in response to requests for local organizations in all parts of the land, such Clubs were allowed, with the result that they were pursued by manufacturers of all sorts of goods asking for endorsements of their wares; and no less than two hundred things were advertised under the name of Ralston, with claims that some Ralston Health Club used and recommended the same.

After that experience, we declined to permit local clubs to exist as legal Ralston Health Clubs.

3. We thought and still think that it is better to look upon the name Ralston Health Club as belonging to a book, and not to a world-wide organization. Yet, on the other hand, there is a feeling of friendship and interest existing among Ralstonites wherever they may meet. This is seen in the fact that, when one person announces to another that he or she is a Ralstonite, a very cordial greeting and welcome are sure to follow. Many strangers, stranded in far away lands, have been given friendly aid and influence by accidentally meeting Ralstonites. Men who have been unable to obtain employment in this country, and who have taken up the study of Ralstonism in their periods of idleness, have been in some way or another, as is so often the case, discovered by other Ralstonites, and been given just the opportunities they needed to get a start in a successful life. The principle is this: A person, whether man or woman, who takes an interest in the study of Ralstonism is not a negligible character; but has something of mental and moral force that needs only to be rightly placed and rightly started to achieve true success.

4. Badges of recognition might well be introduced with advantage. We avoid selling goods and merchandise of every kind; and for this reason we have no badges to sell. Every member would select material and value to suit himself; some can afford costly badges in the form of jewels, while others would require the plainest and least expensive. Any SEVEN-POINTED STAR is the emblem of Ralstonism. It can be made by any local jeweler, or any badge-maker for personal wear; and, for stationery, any printer can have a design made, the latter being useful not only on writing paper and envelopes, but also in many other ways. Business men would in time find great advantages from using the seven-pointed-star in the numerous ways that arise in the mercantile world. The meaning of this design is stated in the Ninth Section of this book, entitled the "GOOD RALSTON WIFE."

#### MEMBERSHIP

5. Membership costs nothing. It is merely necessary to own a copy of this book in order to become a Ralstonite. Any person of

any age may be enrolled as a Ralstonite by sending us the following notice:

To RALSTON HEALTH CLUB, Washington, D. C.—*I believe that good health of body and mind is a great physical blessing. My name and full address are as follows.....*

### BADGE MEMBERSHIP

To RALSTON HEALTH CLUB, Washington, D. C.—*I have decided to become a Badge Ralstonite; and, for this purpose, I will at my own expense in my own way have a seven-pointed-star made for use in the manner already stated in this Section. My name and full address are as follows.....*

If you are a Badge Member, or use the emblem on stationery, we shall be glad to have you send us a photograph of the badge, or a copy of the emblem, for reference; stating, also, if you would be willing for other members to copy same. But we will not furnish designs, as we desire to see the results of originality among our members. If owners of designs are willing to have same exchanged, we will gladly assist in that very pleasing form of membership.

We would also be glad to be informed of any circumstances where Ralstonites meet each other and derive mutual advantages from so doing, especially those who were total strangers to each other.

### RALSTONITES OF GOOD STANDING

A person who owns this book does not thereby become a member of the Ralston Health Club. But such person may send in notice of a desire to become a member, and this will be wholly free of cost.

No person is required to become a Badge Member.

No dues and no duties are attached to any form of membership in this Club.

As ill health is the result of hitching the horse to the back of the cart and trying to push it ahead, so we honor especially all persons who put the horse in front of the cart, and try to pull it along. This means that, if you take steps to prevent sickness and ill health, you will be ahead of the trouble; otherwise you will be its slave. "Prevention is the only safety in life," is an old motto, and has been stated in various ways for thousands of years.

A Ralstonite in "GOOD STANDING" is a person who sends us the following notice, and who lives up to it:



TO RALSTON HEALTH CLUB, Washington, D. C.—*I believe that prevention of sickness is better than cure; and, in order to be spared the heavy burdens that ill-health will place on me and on those who must care for me, I have resolved to become a Ralstonite in Good Standing, by adopting the teachings of the Book of Life Building. My name and full address are as follows.....*

A LOYAL RALSTONITE is one who refuses to buy or use any goods bearing the name of Ralston. This name is stolen from our success in order to sell goods that otherwise would not attract public attention. Shaftesbury says that where the source of a thing is dishonest the thing itself is tainted with suspicion. In the past years more than two hundred different lines of goods have been given the name of Ralston by dishonest concerns, and many of our members believe that we are in the manufacturing business. This hurts the Ralston Health Club in the minds of those who are ignorant of the facts.

We have no goods to sell.

We are not in the commercial business.

YOUR LOYALTY will, therefore, be highly appreciated if you will wholly refrain from buying or using goods bearing the name of Ralston.

## REGENTS

A RALSTON REGENT is a Governor of the Ralston Health Club. Any person of any age, either man or woman, may become a Ralston Regent by establishing a personal "following."—A "following" consists of not less than one hundred followers, or members who acknowledge their membership in the Club as the result of the personal invitation of the candidate for Regent. If you desire to become such a candidate, you may send to us for Invitations to be used in securing your "following."—One man secured a "following" of one hundred in one evening at a prayer-meeting. He was a clergyman, and is now one of America's most famous lecturers. In every lecture he makes the statement that, when given up as hopelessly ill, a kind friend called his attention to the Ralston Health Club. His life was saved. That was twenty years ago. He is today a type of vigor and health. We have saved over eight hundred thousand lives by our natural methods; and we never advertise our system. We depend wholly on the gratitude of our members for making our work known.

One way of showing this gratitude is by securing a "following." And it is very pleasing work. It does good in the world. It takes time with some persons, and hardly more than a few weeks with others. If we have ten thousand Regents, each with a "following" of one hundred members, we thus control, in this one source alone, one million followers; and we reach them always through our Regents. Now what are the advantages:

1. We must keep fully abreast of the times by making tests and experiments; and our Regents will receive first reports and also first opportunities to carry on with us the tests and experiments.

2. In the management of the Club, its affairs, and problems, and the best methods for helping humanity, the Regents will share with us full voice and control.

3. If the Ralston Health Club shall secure a large number of Regents, the grandest work of all history will await them; for civilization is about to take a leap forward after the purging of the present day; and a new race of better humanity is undoubtedly about to come upon earth. It is the nature of life that all gigantic movements should be instantaneous cataclysms. It is immaterial by what human agencies such revolutions take place; but, as the teachings of this Club show the only way now leading towards the goal ahead, it is fair to presume that it may be made the agency if its members shall adopt the motto that "no life is worth living at all unless it accomplishes something worth while."

#### APPLICATION FOR REGENCY

TO RALSTON HEALTH CLUB, Washington, D. C.—*It is my earnest desire to become a Regent in this Club, in order that my life shall not have been lived in vain. My name and full address are as follows.*.....

RALSTON ADVISERS.—Every person who owns a copy of Life Building is invited to become an ADVISER.—As has been amply shown in the past thirty years and more, the Ralston Health Club has saved hundreds of thousands of lives, and has brought more genuine happiness and comfort into countless homes than any other human influence.—Yet it does not advertise itself. Nor does it publish or make known the names of its members. We have

never broken this contract of exclusiveness. Some of the greatest names in this and other lands are enrolled in our Club; and the mere publishing of them would serve as ample advertising; but we hold that persons who are in search of health do not care to have the fact made public. If we were to do so, it would drive them from our membership, and bring to an end an influence and inspiration that we cherish highly.

### A SOCIAL CONVERSATION

Let us lay aside the formality of address and converse on the quiet philanthropy of some of our life long members; men and women of means who do not wish to be known in their good works. Shaftesbury teaches that true charity when appearing as a species of philanthropy helps people to help themselves. It is all right to feed the hungry and to give aid to those who suffer; but it is better to give them opportunities for self dependence, so that they may rise from their state of misfortune by their own efforts. For a long time there have been wealthy members who have hunted up young men and young women who seemed ambitious to win success, and to them these members have presented certain of the Shaftesbury training systems as they were needed. The "100 POINTS OF CHARACTER" is a four-dollar system that many well-to-do members buy in quantities to distribute among those who are sure to benefit by it.—There are bankers and other men of wealth who buy the six-dollar system of "CHEST CULTIVATION" for any man or woman of weak lungs.—Others give the two-dollar system of "MAGNETIC VOICE" to clergymen who are dull in the pulpit, and surprising results have been attained by this simple expenditure.—Lawyers, and young attorneys especially, who cannot win success in their profession, are presented with the five-dollar system, "CULTIVATION OF PERSONAL MAGNETISM," by philanthropic friends, and the results have been astounding.

HEALTH IS NOT EVERYTHING.—If you lack health, it is everything; for, without it, you are held back in every department of life. But when you have secured health, then it is not everything. This distinction is important. Springing from the splendid edifice of good health, countless faculties come into being; and these alone bring happiness and true value of existence. These



many faculties give you a reason for living. Every sensible person at times asks the question,—What is the meaning of it all? What is the use of living? Why are we in the world? If the answer is to help others,—then comes the question, Why are the others in the world? It is NOT to help others that we are born. It is to help each one's OWN SELF: to achieve things; to do things worth while; to reach results; to so live that, when the end comes, you can say: Life has not been aimless, useless, meaningless. To help yourself, to help others, to help the community, to help the nation, to help advance the cause of civilization, to bring into being new modes of living, to solve the problems that are yet mysteries, to rise, *rise*, RISE year by year to the better things of existence: these are some of the reasons why *you* are born; and, by employing the acquired health which this book teaches, you will find many faculties awaiting your generalship and mastery to be given direction and command for the broader field of usefulness now open to you.

A GREAT WRONG would be committed by Ralstonism if it did not make provision for the development of these faculties that good health inspires. As every great church has its universities and colleges and training schools, so Ralstonism for thirty years has had its BEAUTIFUL, DELIGHTFUL and POWERFUL TRAINING SYSTEMS, twenty-four in all, and each performing a separate and distinct part in the unfolding of those personal qualities and individual powers that bring SUCCESS, instead of failure, into every life they influence.

SHAFTESBURY, whose name will outlive that of all modern teachers, has without the slightest doubt proved himself the greatest master of human instruction the world has ever known. He has been the personal teacher, in the past thirty years, of some of the most prominent and successful men of the present and past generations; judges, high officials, statesmen, and men and women who have risen to the highest realm of the social and financial as well as professional world, have sought and received his personal instruction, many of them paying prices that would seem prohibitive to the ordinary mind. Along the lines of the highest practical usefulness, he is undoubtedly the deepest thinker now living, and the best organizer of usable ideas. All his instruction has been formulated in written lessons, most of which have found their way into printed books of private education; not advertised, nor hawked before the

public. Men and women who have benefitted by these teachings have created the demand for them by telling others of their importance.

### SHAFTESBURY SECRETS

The most unique writing in existence today is an unpublished monograph known as the SHAFTESBURY SECRETS.

It is not large; it contains about twenty-five thousand words; but it is just the size that meets the needs of every busy life that wants immense value at close range; *great power near at hand for use minute by minute and day by day!*

The SHAFTESBURY SECRETS have been collecting for nearly a life time. They are the *essence* of every great line of instruction produced by him. They have been his guidance and driving influence in all the years they have been developing. His own marvelous works have been born from the seed they have sown.

Yet they are PRACTICALLY USEFUL.

Take as an example, Shaftesbury's discovery of the natural laws of personal magnetism as a gift, not as an artificially acquired power. Before he formulated his wonderful system of training under those laws, he caught out of the realm of inspiration the SECRET PROCESSES of that power, just as Edison caught by inspiration the underlying secrets of all his inventions.

Shaftesbury has furnished the world with more than a score of widely differing training systems, and each system has been founded on the similarly inspired SECRET PROCESSES of nature.—In the thousand-lesson course of FUTURE SEEING, which also includes the philosophy of the destiny and ending of things, Shaftesbury took his basis in the fact that the great financiers and merchants of the world, and the true statesmen, are gifted with the natural power to look ahead and to provide for the future. The public calls them "far-seeing." The gift is called foresight, and it is regarded as the key to success. Most people think it is an accident, when they do not ascribe it to an uncanny sense of the recognition of coming events which cast their shadows before. But Shaftesbury, after studying the phenomena for years, suddenly discovered the laws underlying the gift of foresight; and these laws he placed in his monograph of SECRETS.

So it has been with all the gigantic systems he has produced.

The potent SECRETS that have inspired them all have been collected in the unpublished work referred to.

RALSTON REGENTS receive as a complimentary award of honor, all the great systems in full as now printed; and these have a value of hundreds of dollars and are for sale at such value. But the REGENTS are not allowed to pay for them.

#### WE NOW SEEK ADVICE FROM OUR MEMBERS

There are many Ralstonites who cannot find the courage to win the Regency. Nor have they the means with which to buy the highly important training systems. If the SHAFTESBURY SECRETS were to be published, they would give a very clear and wonderfully valuable insight into the whole college and university of training systems. In fact, to a busy man or woman, the SHAFTESBURY SECRETS would be of far greater worth than the big library of works of which they are the essence. *They are ALIVE with the ELECTRICAL ENERGY of great ideas and intensely powerful influences that cannot fail to give a new impulse to every human being they reach!*

As has been stated, we do no advertising; but have we a right to make an effort to increase the membership of the Ralston Health Club? Have we the same right to hope for increase of membership that a church or other organization enjoys?

What is your advice?

If you believe that we have this right, then do you advise us to seek to bring new members into this Club by encouraging every honest effort in that direction?

Shaftesbury positively refuses to publish the SHAFTESBURY SECRETS for the purpose of placing them on the market for money. While only a monograph of about twenty-five thousand words, their value is so great that they could easily be sold for twenty-five dollars. No collection of human ideas has ever been produced that holds one per cent of the real value of the SHAFTESBURY SECRETS. They tell you in brief and compact form, WHAT TO DO EACH DAY, and HOW TO LIVE EACH DAY. They furnish the only PERSONAL REGIME and RULE OF HUMAN CONDUCT NOW KNOWN.

Would YOU advise us to offer the SHAFTESBURY SECRETS



as an award of honor, and complimentary gift direct from Shaftesbury himself to any member of the Ralston Health Club who brings in four new members? If you believe that this method would materially add to the membership and consequent influence of this great cause for human betterment, will you kindly send us your vote to that effect: Copy the following:

### VOTE OF ADVICE

To Ralston Health Club,—Washington, D. C.—*I have fully considered the proposition to increase the membership of the Club by publishing the Shaftesbury Secrets and awarding them in return for four new members of the Club through the "All-Nature" Edition of Life Building. I advise that you do this. I will secure four new members; and I will keep the Shaftesbury Secrets as my personal gift. My name and full address are as follows. . . . .*

The reason why the contents should be retained as a personal gift is because they are the basis of the life-work of Shaftesbury, and every discoverer is given the right, under the law, to protect his discoveries.

REGENTS are not barred from receiving the SHAFTESBURY SECRETS. The fact that they receive the full systems that are worth hundreds of dollars and do not pay for them, will not prevent them from obtaining the SECRETS; for the basic laws of life and of the greatest problems of existence are set forth in the SECRETS in a way that gives them a value that cannot be found in the greater systems. It is the ready, every-minute and every-day usefulness of the SECRETS that makes them fit into the lifework of each man and woman. The Regents, therefore, have both of these great advantages.

### PERSONAL REGIME

Added to the SHAFTESBURY SECRETS, and as a part of the monograph referred to, *is a private and personal regime for daily living and daily habits*, containing the best things known to-day in the field of human helpfulness. All ambitious men and women have longed for just such a method. This is the first time that it has been attempted. It has been woven by Shaftesbury into the most beautiful and most powerful personal system to aid men

and women that can possibly be produced. It has been drawn from the very heart of Nature, untouched by any other influence.

Any person who sends the VOTE OF ADVICE referred to will be entitled to the PERSONAL REGIME Course as a part of the SHAFTESBURY SECRETS. Such a person will be a thousand-times armed for the battle of life!

### PRIVILEGES OF RALSTONITES.

ALL privileges are FREE.

Everything else is free. We have nothing to sell except this book of Life Building; and, with it, we accord so many privileges that the margin of profit is much lighter than may be supposed. In the field of discovery, the search for new knowledge, the countless experiments, and the heavy correspondence make us very glad to have a margin of profit with which to carry on a work that is to us the greatest and grandest of this age.

*1st Privilege:*—"CLUB NUMBER."—If you own a copy of Life Building, we will send you free of cost a Club Number, which is your passport around the world, as far as recognition among Ralstonites is concerned.

*2nd Privilege:*—"LIFE RECORDS."—If you wish us to keep your name in our GREAT TOME, or Book of Life Records, and also maintain an account of your progress in the Club, you may write to us on the first day of January, every year, saying: "*I am alive. The condition of my health is..... I wish my accounts kept alive. My name and full address are as follows. My club number is.....*"

*3d Privilege:*—"GREETINGS."—Some years we issue GREETINGS. They may come before the holidays, or after. If you wish a GREETING sent to your address, write to us on November 15th, in any year, asking for same, and stating how many Ralstonites you have among your acquaintances, to whom you will personally give Greetings.

*4th Privilege:*—"INVITATIONS."—We issue Invitations for all our Members who wish them; and we send as often as you need them. This gives you the opportunity of inviting friends and strangers to enter the ALL NATURE COURSE in Life Building, which is contained in this book.

## DEPARTMENT OF PHILANTHROPY

TO BE READ ONLY BY RICH MEN AND WOMEN

A PHILANTHROPIST is a person of wealth who regards the possession of riches as a sacred trust designed to help unfortunate humanity. The common philanthropist feeds the poor, and does something for the sick. The TRUE PHILANTHROPIST believes in PREVENTION; and seeks therefore to prevent poverty and sickness by sensible and practical methods. There are such in the world today; and, by PREVENTIVE action, they save people from becoming poor, and others from falling sick. From the standpoint of the safety of society, it is a paying investment.

The high cost of living is the cost of high living on the one hand, and the cost of wrong living on the other. This part of the work is educational, but let us look at the practical part:

1. *Ralston Stores*:—Why not establish in every community a store where the producers of food and necessities may secure profitable returns, and the consumers may obtain goods at cost? It is good philanthropy to make such a store self-sustaining. Today most stores make a profit of three hundred per cent. We know of department stores and mail-order houses that undersell local stores; and yet make three hundred per cent. profit. We know of consumers' leagues that make three hundred per cent. profit. Ten to twenty per cent. is enough in any business.

2. *Flour Mills*:—There should be set up in every community a local flour mill, designed for the purpose of grinding hard, gluten wheat into flour; omitting the dangerous bran, and retaining the vitality of the flour. In Europe this is known as the Schweitzer process, centralized in Paris and Berlin. The United States Government has highly recommended it. But there is no such process in America. Let some one invent the proper kind of mill, and become the most useful of American citizens. Such flour has a most delicious flavor; is filled with vitality; makes the best blood; and is eagerly sought after when once its qualities are known. It can sustain life indefinitely. It is Nature's one and only perfect food. It can be cooked in various ways. It means the end of organic troubles, for it is curative. It makes perfect health and perfect blood. For three cents a day, the strongest man can



be fed and kept in the best physical and mental condition; for it contains the only real BRAIN FOOD provided by nature. There are no mills for sale that we know of. Let some one move in the matter at once. Invent some kind of hand mill that will do the work and be run by a gasoline engine. Select the right kind of flour. Grind it fresh daily. Make the bread within two days after the wheat is ground if you wish the rich flavor.

3. *Public Stills*.—A large proportion of humanity are stricken during their lives by typhoid and other maladies due to impure water. It costs but little to distill water. The Government does it for its navy. A public still should exist in every community. It pays in the end. The cost of fighting typhoid every year is sixty million dollars, not counting the undertakers' bills. Not one person in ten thousand is able today to get pure water to drink. No wonder they patronize the saloon. You, who are rich, should set up a public still in at least one community. No stills are for sale. Any steam condenser will do. Your plumber will make one.

4. *Public Chemists*.—Despite the abundance of pure food laws, which by the way are not enforced, the use of adulterations and preservatives in all things that enter the human stomach, is rapidly increasing. When a man spends his hard earned money for food, it is discouraging to be compelled to invest it in fraudulent compounds. He gets less in value than he pays for; and he surely should receive the value of the money that has cost him so bitter a struggle. More than this, he buys, in his food, positive poisons that reduce his health, his vitality, his wage-earning ability, his energy of purpose, and his chance to win long the wages that he is to need for the future. He buys with his scant funds, some food, much poison, and more sickness. Doctors' bills and loss of time cut deep into his income. Estimated in all its direct and indirect results, the fraudulent manipulation of foods today costs the nation each year more than ten thousand million dollars. Here is work for the Philanthropist; let the rich man or woman send Life Building to every law-maker in every State, and in Congress. Will you who are rich send a copy to at least

One United States Senator.

One State Senator.

One Member of Congress.

One State Representative or Assemblyman.

One Teacher.

One Clergyman.

One Judge of Court.

One Prosecuting Attorney.

One Philanthropist.

This method is called a CAMPAIGN OF EDUCATION.

You will find that the results of such a campaign will be reached quickly and with great power, if you go to work at once and in earnest. Do not forget to reach some other philanthropist who will also take up this work of PREVENTING POVERTY AND MISERY. Will you begin today?

The purpose of this campaign of education is to compel the Government to maintain a Public Chemist in every community, where all foods may be analyzed, and all adulterations and preservatives discovered and exposed, so that health may be saved, and full value may be received for the money spent by the wage-earner. This will save countless thousands of people from being pushed down into the ranks of the under-world each year.

5. *Ralston Wives*.—Divorce is disastrous to national life. But it is still harder to remain married and hopelessly impoverished. Men who want to support their families, and who could do so under fully favorable circumstances, are crushed when the additional burden of sickness comes into the home. ALL SICKNESS CAN BE PREVENTED! The true *Ralston Wife* is able to do much. She is a money saver. She not only saves three-fourths of the cost of food by proper selection and cooking; but she can bring the spirit of health into her home. It is a fact that *Ralston Wives* have never failed in these matters. Contrast them with the ordinary wives who come to their husbands full of promise, and who, in a short time, reveal themselves as they really are—*invalids*! If a husband is able to maintain his home only by sheer good luck when all conditions are favorable, what chance does he stand when he finds himself tied for life to a *sick woman*? No wonder he leaves home. No person can perform a physical impossibility.

You philanthropist, who seek to help struggling humanity, select one thousand worthy women and girls, married or single, and educate them to become *Good Ralston Wives*, under the Ninth Section of this book. The woman makes the home, and the home makes the nation.

So may you be blessed and bless others!

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## A PAGE OF FORMS TO USE

(For the convenience of owners of the book of Life Building who may wish to apply for membership, and secure other advantages, this Page of Forms has been prepared. You may sign as many of them as you desire, and draw an ink line through the Forms that you do not wish to sign; then carefully cut the page out so as not to mar the book, and mail these Forms to us.)

(Or you may retain this page in the book and copy such Forms as you wish us to have.)

---

TO RALSTON HEALTH CLUB, P. O. Box 1504, Wash., D. C.:

I wish to become a MEMBER of the Ralston Health Club.

I wish to receive a Card of Membership, and a CLUB NUMBER.

I also wish.....Invitations to give to my friends.

(Name) .....

---

I have decided to become a BADGE RALSTONITE in the manner stated in the final Section of this book.

(Name) .....

---

REGENT.—It is my earnest desire to become a Regent of the Ralston Health Club.

(Name) .....

### VOTE OF ADVICE

To Ralston Health Club, P. O. Box 1504, Washington, D. C.:

I have fully considered the proposition to increase the membership of the Club by publishing the now un-printed Monograph containing the SHAFTESBURY SECRETS, and also the PERSONAL REGIME COURSE, and awarding the same in return for four new members of the Club. I advise that you DO THIS. I will secure four new members through the "All-Nature" Edition of Life Building; and I will keep the contents of the Monograph as my personal gift. My name and full address are as follows:

(Name) .....

(Town or City) .....

(State) .....

Street and Number, if any,  
Or P. O. Box.....





**MEANING OF TERM "FAITHFUL RALSTONITE."**—*Any man or woman who reads daily, without omitting any day, at least one paragraph of the book of LIFE-BUILDING, is known as a "FAITHFUL RALSTONITE."* This simple act is very easily performed after the habit has been started. Some of the most prominent people of this country are doing it. It leads to perfect health, and permanent safety from danger. To reward, in some slight degree, these "FAITHFUL RALSTONITES," in many cases very favorable terms are made in the prices of the following training systems.

## PERSONAL TRAINING COURSES FOR HOME STUDY

BY

EDMUND SHAFTESBURY

ACKNOWLEDGED TO BE THE GREATEST TEACHER OF MODERN TIMES

**1st COURSE.**—The only special value of this Course is the fact that it contains the **ONE HUNDRED DOLLAR System** of Ralston Physical Culture in a 224-page card-covered book, fully illustrated, entitled, for convenience, the **FIRST BOOK** of the Club, although it was really issued after the one hundredth edition. Price, **ONE DOLLAR.**

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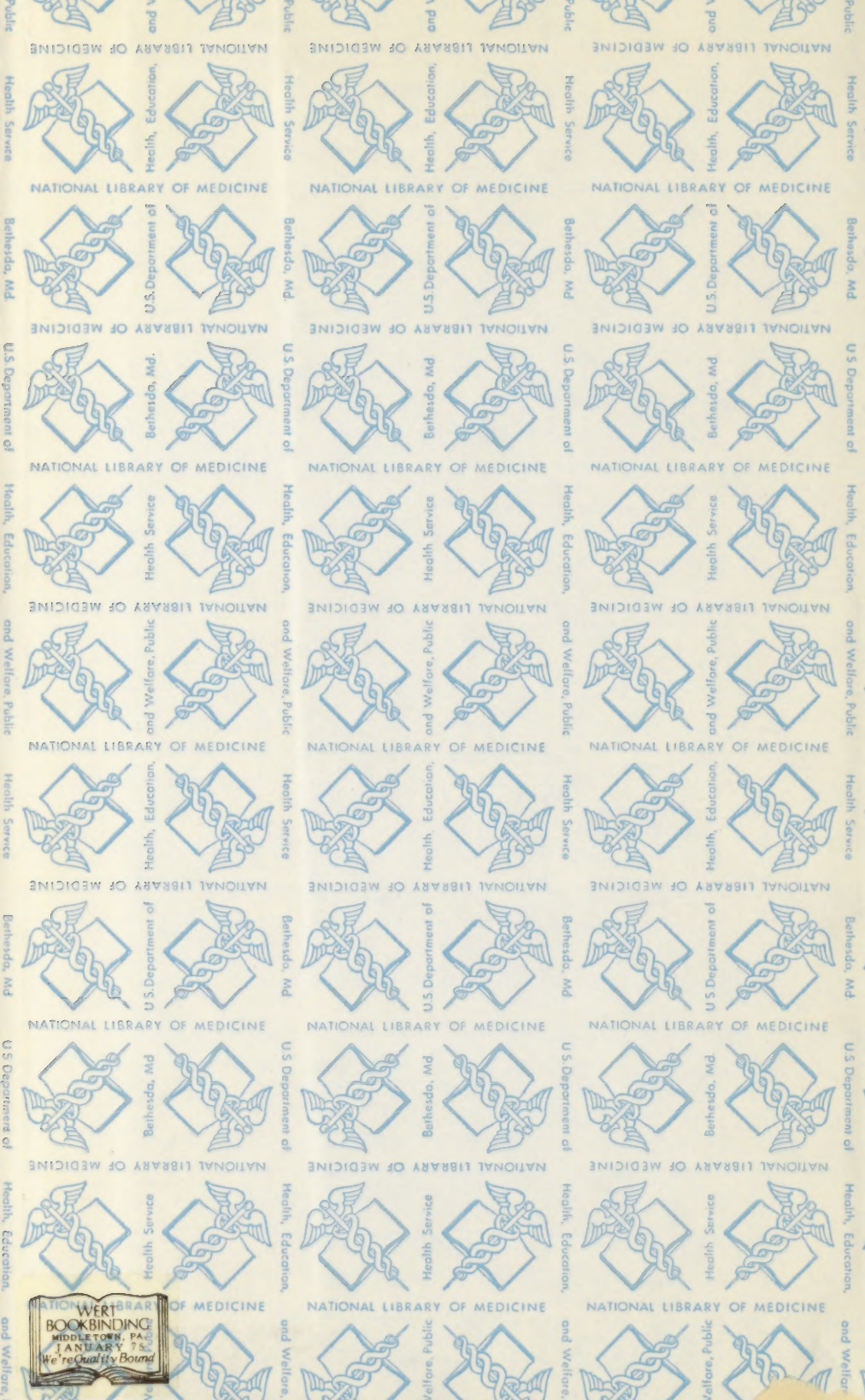
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